

DR. BLUNT'S
INVALID'S
MEDICAL COMPANION
AND
CLINICAL ADVISER.

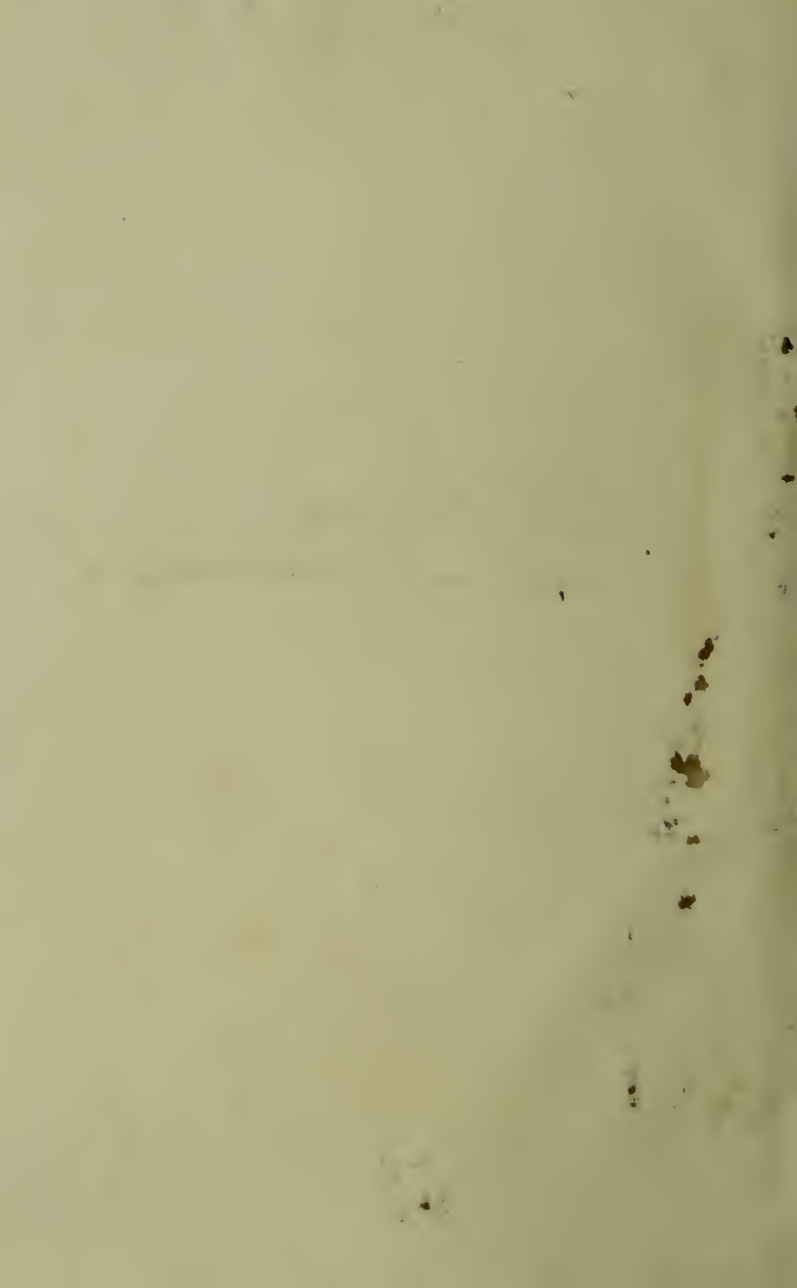


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W. H. Johnston
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THE INVALID'S
MEDICAL COMPANION
AND
CLINICAL ADVISER:

AN EXPOSITION OF THE CLIMATICAL DISEASES OF THE MONTHS OF THE
YEAR, OR MEDICAL GUIDE AND HYGIENIC ADVISER TO THE PEOPLE,
WITH REFERENCE TO CLIME, SEASON, TEMPERATURE, HEAT,
COLD, HUMIDITY, ELECTRICITY, DIET, DRINK, CLOTHING,
EXERCISE, SLEEP, BATHING, LIGHT, AND AIR, FORMING
A COMPENDIUM OF HOW WE THINK, MOVE, AND
HAVE OUR BEING.

BY

J. H. BLUNT, M.D., U.S.A.,

*(Member of the Metropolitan Medical College, New York; Honorary
Member of the National Eclectic Association of America, etc., etc.)*

From fact and reason we our practice draw—
The firmest basis and the strongest law,
Whence Nature's powers in fullest vigor rise,
And dread disease with all its phalanx flies.

[Entered at Stationers' Hall.]

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P R E F A C E .

“The task of an author is either to teach what is unknown, or to recommend *known truths*, by his manner of adorning them, either to let new light upon the mind, and open new scenes to the prospect, or vary the dress and situation of common objects, so as to give them fresh grace, and more powerful attractions. To spread fresh flowers over the regions through which the intellect has already made its progress, as may tempt it to return and take a second view of things hastily passed over or negligently regarded.”—*Dr. Johnson.*

To the little work comprising the following pages, I have given the title of INVALID'S MEDICAL COMPANION and CLINICAL ADVISER, in full confidence that such it will become.

Having been engaged during a period of twenty years in the study and practice of medicine, and having had some considerable experience in the treatment of disease in its varied forms, I now presume to enter the list of the medical *literati* of the day, trusting that this small contribution will not be a useless addition to the many excellent works already written upon “Disease and its Remedy;” the acme of my ambition being the improvement of the “healing art,” and the amelioration of the condition of the afflicted.

One great objection of the general adoption of the ECLECTIC BOTANIC SYSTEM OF MEDICINE, hitherto, has been the large nauseous doses usually administered. This objection I have endeavoured to obviate by introducing a new method of

pharmacy. The remedies thus prepared are rendered not only palatable, but in some instances perfectly tasteless; the quantities being also greatly reduced, they are inoffensive to the most fastidious.

To the ordeal of public criticism, however, I cheerfully commit my little offspring, requesting the reader to put its teachings to a *practical test*, by which means alone he will be able to *judge* of its merits.

In the meantime, I remain,

Faithfully yours,

J. H. BLUNT.

NORTHAMPTON,

January, 1862.

INTRODUCTION.

"These as they change, Almighty Father, these
Are but the varied God. The rolling year
Is full of Thee. Forth in the pleasing Spring
Thy beauty walks.
Then comes Thy glory in the Summer months
With light and heat refulgent.
Thy bounty shines in Autumn unconfined.

In Winter awful Thou ! with storms and clouds
Around Thee thrown, tempest o'er tempest roll'd,
Majestic darkness ! on the whirlwind's wing,
Riding sublime, Thou bid'st the world adore,
And humblest nature with Thy northern blast."—*Thomson*.

THE little fragment of time we call a year, is, to the incomprehensible eternity, inconceivably less than is the single dew-drop to the unfathomable ocean. Yet who can measure the sum of human happiness which may be created or destroyed in this brief period ! Or who can calculate the consequences of the events of a single year, as they affect the destinies of the human family through thousands of years to come !

This small volume is written under a full sense of the responsibility implied by the preceding remarks. It aims to call the reader's attention to plain facts, simple truths, intelligible subjects. It addresses your common sense ; induces you to reflect on the laws of life, and thereby insure yourself health, and all its attendant blessings, during every month of the year.

Look around you. Survey the sanitary aspect of all civilized society. Glance at our cities, or indeed over the

length and breadth of Great Britain and Ireland. Do you not see everywhere disease the prevailing condition of society, and health the exception?

This should not be. *It need not be.* The fault is yours that it is so. The animals below us, less protected and cared for than man, are, as a general rule, healthy. Human beings, though endowed with a higher grade of vitality, the most exalted powers of self-preservation, and the most perfect organization, are, as a general rule, sickly.

Why is this? Is there not a cause? Cannot the causes be ascertained? And more, can they not be corrected?

Once, universal health was the blissful heritage of the whole family of mankind. History, sacred and profane, informs us that in the early history of our race, disease was unknown for a period of two thousand years. In those days, men "paid the debt of nature," "they slept," "they gave up the ghost," "they were gathered to their fathers;" but they were not cut off by pestilences. Fever, inflammation, rheumatism, dyspepsia, consumption, palsy, plague, and cholera were unheard of.

Why is it so different in Anno Domini 1862? Why do more than half the children born in this country die in infancy? Why do twelve or fifteen hundred persons, most of them in the pride and prime of life, die weekly in London? And why are the great majority of our adult population, especially females, full of diseases and infirmities, at the very period of life when Nature and Providence intended all to be in health, vigor, usefulness, and enjoyment?

The answer must be given. We have gone astray. Nature is not malignant, but we have erred. We have lived in

ignorance of the conditions of health. We are continually getting into false relations to the laws of life, and we are always suffering the inevitable consequences.

Why will ye suffer, and “why will ye die,” when it is so much pleasanter, easier, and cheaper to live and enjoy?

There is “balm in Gilead,” and “there is a physician there.” That balm is knowledge, and that physician is Nature in the constitution. The balm is accessible to all. The healing power is within us, and around us. It is this balm we would persuade you to seek. It is this physician whose monitions we would urge you to obey.

Bear in mind, that life is, or should be, a perpetual school: we *can* learn something of the laws of health every week, and every month; we should be wiser in February than we were in January. Who does not this, after perusing these pages, misuses time and opportunity, and must answer to the penalty provided.

“He who binds
His soul to knowledge, steals the key of Heaven.”

Unfortunately for the speedy consummation of an earthly millenium, professional doctoring has been too much a system of antiquated bleeding, blistering, and poisoning—in fact, a routine habit, instead of a sensible profession. In the language of Tupper:

“Science to some is the goddess great, to some the milch cow of the field,
Their care is but to calculate—what butter she will yield.”

Colleges teach the business of doctoring, in contradistinction to the nobler avocation of teaching people how to *avoid* sickness. Clothed in impenetrable technicality, the antiquated system of medicine has thus far eluded the criticisms of the non-professional, whilst wrapped in the superstitions and

mysticisms of a darker age, it is neither comprehended nor demonstrated by its own professors. We purpose, with your approbation and company, reader, to travel onward through the various months of a year, teaching you the laws of climate, season, electricity, temperature, and their natural remedies as found in air, light, food, exercise, sleep and clothing. We will teach you why

“Our drooping days are dwindled down to naught—
Their period finished ere 'tis well begun,”

And how, by observing, and obeying the laws of common sense, we may check the degenerating process by commencing at once, and in full, the work of regeneration; and recover, as soon as may be, “those prime of days”

“Of health, and life, and joy,
While yet man lived in innocence, and told
A length of golden years; unflushed in blood,
A stranger to the savage arts of life—
Death, rapine, carnage, surfeit, and disease.”

In short, reader, this work will teach the laws of health, and the way to apply them so as to avoid the causes of disease. And if, unfortunately, by accident or neglect, you do become sick, it will demonstrate to you a *better way* of curing your maladies; a method which consists in the use of means and agencies themselves compatible with the living organism, perfectly safe in their application, and, where sufficient vitality remains in the system, absolutely sure in the result.

“Be wise *to-day*, 'tis madness to defer;
Next day the fatal precedent will plead,
Thus on, till wisdom is *push'd out of life*.
Procrastination is the thief of time;
Year after year it steals, till all are fled,
And to the mercies of a moment leaves
The vast concerns of an eternal scene!
If not so frequent, would not this be strange?
That 'tis so frequent, this is stranger still!”

THE AUTHOR.

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ERRATA.

Page 2, Line 17 from the top, for you will experience, read—You will not experience.

Page 62, Line 16 from the top, for Warm Water, read—Cold Water.

Page 62, Line 24 from the top, for Ascelpias, read—Asclepias.

Page 75, top Line, for Podophylin, read—Podophyllum.

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Page 80, Line 27 from the top, for Alcemilla, read—Alchemilla.

Page 80, Line 31 from the top, for Senesiera Coranopus, read—Senebiera Coronopus.

PART I.

Climatical Diseases of the Months of the Year.

JANUARY.

Stern winter's icy breath, intensely keen,
Now chills the blood, and withers every green;
Bright shines the azure sky, serenely fair,
Or driving snows obscure the turbid air.

"If the grass grows in Janiveer,
It grows the worse for all the year."

WELCOME "old January, wrapped well in many weeds to keep the cold away." Welcome frosty days, and welcome the bracing exercise in the clear, cold sunlight, and beside the social hearth by night. Nevertheless, in order to enjoy these and other pleasures of this festive season, we must guard against attacks of the *lungs*, *stomach*, and *liver*, which, during this month of frost, not unfrequently fall on the incautious. For such indisposition, the highly electrical state of the air is generally blamed, together with a little excess in the pleasures of the table. Doubtless, excess of electricity in frosty weather is frequently an exciting cause of January maladies; but that is mainly owing to the improper regulation of diet and clothing. In November, for instance, we should recommend silk or good flannel to be worn as under garments, to prevent the electric fluid from too rapidly escaping from the system during raw, foggy weather; but, in frosty weather, the danger will be in its undue accumulation, which acts as a powerful stimulus, and, by exciting an increased action in the brain, lungs, liver, and bowels, far beyond their natural action, will not unfrequently produce serious derangements in these organs, designated by the lancet-doctors inflammation, which, strictly speaking, means *flames*. When indisposition increases, in consequence of an excess of electric fluid, it may be detected by the following symptoms:

After some days' continuance of severe frost and robust health, there will be a sensation of lassitude complained of; fullness and weight in the head and stomach, even though only very digestible

food may have been taken; occasional chills will be felt running along the course of the spinal column, accompanied with a burning heat, or, at times, perspiration in the hands. Now, the general remedy for these symptoms, by allopathic physicians, is bleeding, blue pills, and black draughts, *ad infinitum*. But beware of having blood taken! Remember, "it is the life." A strong, robust countryman, in his native place, may not suffer much, *apparently*, from losing a few ounces of the vital fluid; but to the pallid, bloodless inhabitant of crowded cities and towns, it is death! aye, and a sad, miserable, lingering one, too! On such attacks taking place, take some mild purgative, say from one to two grains each *podophylin* and *leptandrin*, rubbed up with half a tea-spoonful of sugar, taken night and morning until the bowels are freely acted upon; take occasionally a little warm composition, or stomach bitters cordial, through the day; put the feet in warm water before going to bed; and place yourself on a gruel diet for eight and forty hours. After, this, you will experience the inflammation, depend on it.

A word on the common practice of feasting at this period. It is not, as the generality of persons vainly imagine, the headache and qualms of the next morning that are to terminate the repletion of the preceding day. Alas! these indulgences often lay the foundation for months and years of bad health, and their sufferings are not unfrequently aggravated by improper treatment at the commencement. An effective dose, repeated twice or thrice, even in violent diseases, is enough in all seasons. But when we reflect on the pounds of mischief, in the shape of pills, which are swallowed by the millions on these attacks, we marvel that more deaths do not ensue than actually is the case. Nothing will so surely aggravate all disorders as constant drugging; and there is not a druggist's shop in the kingdom that has not some wonder-working spell, compounded of some form of mercury, as a cure for the "thousand ills that flesh is heir to;" and the quackery of the licensed-to-kill gentry is more to be dreaded than all the others put together.

The best substitute for medicine is activity; and, though there may be little to invite us out of the house during a hard frost, a fall of snow, or a fog, yet a few clear, dry, sunny days may always be found, when active exercise in the open air may be taken; and, when the weather precludes such, a lethargy must not be encouraged by dozing away the hours, or in occupations of a sedentary character. We recommend the "merrie dance" and the use of the "chest expanders" for the ladies, and the foils, dumb bells, and other gymnastic exercises, for the male part of creation. By these means, and cheerful converse, the blood may be kept in circulation, and the blasts of winter set at defiance. In the house, we strongly object to the use of feather beds, luxuriant chairs, and couches: for such are invariably the lurking places of disease and debility. The more rapidly the blood circulates and the pulse vibrates, the sooner we

shall die (this is the common belief) : for our frames are so constructed that they can only sustain a certain number of pulsations in a given time ; and, wound up like a watch or time-piece, will stop when the number of beats are completed and the chain run to its length. This, in part, is true ; but not as a whole. Doubtless, our days are numbered ; but we reject the human body being a mere machine, wound up to perform a certain number of pulsations. Such is in direct opposition to what little we know of Divine wisdom. However, the practice is as bad as the precept : “ for if our pulses are numbered, the slower we keep their action, so much longer will the chain be running out.” Then, if this be true, the siesta is the best means of extending the ebb of life ! In that case, we may sleep all day, and doze all through the night ; live on gruel, beef tea, and arrow-root ; beware of stirring a limb, drinking a glass of sherry or champagne, or enjoying a good dinner. “ Oh for the golden days of Queen Bess !”

The clothing during the present month should be woollen, and fur or chamois leather jackets should be worn by day and removed by night. This will prevent rheumatism, and relieve the pain when present. The feet should be kept dry and warm, particularly during snow : for nothing is more dangerous than snow water—its effects often being fatal. Those who are much exposed to the cold would do well never to approach a fire suddenly, or pass from a hot crowded room into the cold air without proper caution. Thousands of lives have been sacrificed from neglect of these cautions, when the blood has been chilled from exposure to cold. Hot liquors or fluids ought never to be drunk suddenly, as severe forms of cold and affections of the lungs and windpipe are thus frequently produced. The person suffering should obtain heat by degrees ; and, if the limbs or extremities are frost-bitten, they should be rubbed with snow or cold water, and afterwards wrapped in flannel—being well rubbed in order to restore the circulation.

Chilblains are frequent in this month and the next. We have found the liquor of oysters, and a strong solution of alum, to be efficacious in the cure, when they are not broken. Or apply freely, with a feather, either tincture of myrrh, spirits of camphor, or tincture of prickly ash bark, which will entirely remove it in a few days, and protect the parts from a return. Chapped hands and lips will be much benefited by washing them with strong salt and water, wiping them dry, and rubbing over them, by the fire, a little tripe fat, or melted bees wax and fresh butter.

THE HEALTH OF LONDON DURING THE WEEK ENDING JANUARY 31st, 1859.

“ The deaths registered for one week were 1209, which is nearly the same as the number returned in the previous week. In the ten years 1847—56, the average number of deaths, in the weeks corresponding with last week, was 1167 ; and, if this is raised for the purpose of comparison, proportionally to increase of population, it will become 1284. The rate of mortality that now rules is not high, as compared with that of previous

seasons, although it has lately shown that tendency to increase which is to be expected at a period of the year usually the most fatal to human life. The deaths caused by diseases of the respiratory organs were last week 288, being rather less than a fourth part of the total number returned. The average rate of mortality from this class of diseases, at this season, would have produced nearly the same number. The number referred to bronchitis in the present return is 166, which exceeds the average, and is double the number referred to pneumonia. 73 of the deaths caused by bronchitis occurred to persons who were 60 years old or more, whilst 70 of the 84 from pneumonia occurred to children. Phthisis, which is not included in the above class, was fatal to 146 persons (being almost the same as the corrected average); and, of these, 107 died in that period of life which extends from 20 to 60 years. Hooping-cough is decidedly the most fatal disease included in the zymotic class. 57 children died of it, whilst 29 died of scarlatina, and 28 persons at various ages of typhus and common fever.

MISCELLANEA.

“There is not a creature that moves, nor a vegetable that grows, but when minutely examined, furnishes materials of the highest admiration. The same wisdom that placed the sun in the centre of the system and arranged the several planets around him in their order, has shewn itself equally in the vegetable and animal creation.”—DR. THORNTON.

“The mineral constituents of ‘plants’ are combinations of *silicic acid, phosphoric acid, potassa, soda, lime, magnesia, potassium, and sodium; alumina, oxides of iron, manganese, and nitric acid, &c.*”—SCHOEDLER’S BOOK OF NATURE.

“The flesh, skin, &c, of the body are formed and sustained by means of the fibrin and albumen of the blood. The fat and *mineral* matter of the latter also directly supply the *want of these substances in the body*. The arteries convey these different forms of nutritious food to all parts of the body. There they are taken up by the minuter vessels to which this labour is entrusted, and by them conveyed to the precise points where they happen to be severally required.”—JOHNSTON’S CHEMISTRY OF COMMON LIFE.

“If the organs of plants be submitted to chemical analysis, it is found that their almost infinite diversity of form depends upon different arrangements and combinations of a very few of the elements: seldom more than *seven* or *eight* belong to them, and *three* constitute the greatest part of their organized matter; and according to the manner in which these elements are disposed, arise the different properties of the products of vegetation, whether employed as food or for other purposes and wants of life. The compounds in vegetables really nutritive as the food of animals are very few—*farina*, or the pure matter of starch; *gluten*, or the nutritious principle of wheat; *sugar, jelly, oil*, and *extract*.”—SIR HUMPHREY DAVY.

THE CLIMATICAL DISEASES OF THE MONTH OF FEBRUARY.

Now shifting gales, with milder influence, blow,
Cloud o'er the skies and melt the falling snow ;
The soften'd earth with fertile moisture teems,
And, freed from icy bonds, down rush the swelling streams.

THE *Athenaum*, lately commenting on annual reports for improving the condition of the poor, gave the following extracts from that of New York for 1858, which are worthy of reflection by the people of England : "The natural advantages of this city for health are unsurpassed by any other. Its position and form are peculiar. It is an island, not exceeding the average width of two miles, washed on either side by rapid tides, and constantly refreshed by ocean breezes. There are no insuperable natural causes unfriendly to life. On the contrary, it possesses the elements essential to a high state of health in a pre-eminent degree. It has good building soil, admirable facilities for cleanliness, grading and thorough sewerage, an abundant supply of pure air and water ; and, with proper sanitary observances, it would become, as it should be, one of the healthiest cities of the world.

"But to the reproach of our civilization and humanity, notwithstanding these superior advantages, it suffers in comparison with all our other large cities. We have no official statistics which indicate the ages at which different classes of the population die ; but it is here found, as in foreign cities where figures are available, that, in the best built and cleanly portions, the ratio of mortality is from 50 to 75 per cent. less than in the filthy neglected quarters, where the population is overcrowded in badly constructed houses, and the ventilation and sewerage are defective."

It is further stated that the number of deaths is not graduated by the wealth or poverty of the different districts, so much as by regard to the laws of health ; also that sickness, debility, wretchedness, profligacy, and crime originate, thrive, and progress in the same localities concurrently. The angel of outrage and disease is, therefore, constantly hovering over our heads, and we know not whether he will strike in the form of murder, of fever, or, as is too frequent, in both forms. Self-preservation, patriotism, and religion, urge upon every citizen obedience to the notification of the above

—to assist in the protection of health and security of person. The public welfare is everybody's concern; and, now it is admitted that the thermometer governs vice as well as disease, the chances of reaching the evil become greater.

The predominant weather during February is either clear, cold, and frosty, or foggy, chill, and damp. Of course, this state may be varied by chequered glimpses of pet days of warmth and spring beauty; but these are exceptions, deceitful, and generally snares to draw the imprudent into some indiscreet change of dress. When cold and frosty weather prevails, there is an excess of electricity in the air, which acts as a powerful stimulus, and incites increased action in the brain, bowels, liver, and lungs, and not unfrequently produces serious derangements of these organs. The symptoms of this electrical excess are usually a fullness and weight in the head and stomach, occasional chillness along the spinal column, and, at times, perspiration in the hands, and a general sensation of lassitude. On the contrary, during the prevalence of foggy, chilly, and damp weather, one of the common affections is pleurisy. It takes its name from a membrane called the pleura, which lines the cavity of the chest, covering the lungs, and which, in this state of the atmosphere, becomes inflamed. This inflammation is caused by deficient electricity in the air, and by the feet and skin being exposed to cold, damp, and chill. Colds, bronchitis, asthma, and consumption are common maladies of this season, and originate from the same causes as pleurisy—the chills and damps of early morn or night.

The philosophy of the subject is this: Electricity is the vital principle of the human body, and, as such, supplies the chief stimulus to exertion. The moment electricity in the human frame becomes below par, in exact proportion are our spirits depressed; but, when it is superabundant, we are all life and energy, and oftentimes too much so for a healthy state of existence. The great desideratum is to keep up and retain a proper amount. Damp air, for instance, whether hot or cold, absorbs electricity as a sponge will water; and it is this circumstance that renders damp weather so depressing to the spirits, by its depriving the nervous system of its electricity, which alone keeps it in tone. On the same principle, frosty or dry weather braces the spirits and the nervous system. Animals are always alert in cold weather.

Having shown that electricity is necessary to health, I shall now explain how to best prevent the escape of the subtle fluid. The very best non-conducting articles of dress are those manufactured from animal substances, and the worst are those prepared from vegetable growth. For the sake of illustration, suppose the electric fluid in the human body is as much as all the other fluids, and that part of it has escaped in the form of perspiration—further, that the shirt next to the skin is composed of porous or blotting paper. If this were the case, the perspiration would be immediately absorbed,

and pass off through the blotting paper, saturating the outer clothing in an exact quantity equal to the quantity thrown off from the body. Now, instead of blotting paper, imagine the shirt made of oiled paper. If such were the case, not a drop of perspiration would be taken up, or pass through, but would be retained on the surface of the skin, and returned into the mass by the absorbent vessels. This is the way in which the electric fluid is confined by non-conducting substances—as fur, silk, flannel, and leather—by means of which nervous energy will be preserved. The low or damp temperature indicates the necessity of an increase of clothing; but the flannels must be *often changed*. If the individual be weak or debilitated, in *damp* weather he should wear silk shirts and drawers over his flannels, to prevent the escape of the nervous fluid. Of course, when the air is highly charged with electricity, the reverse practice must be adopted.

In all states of the atmosphere, however, nothing is so beneficial as exercise. Nature made man to be moving, as birds are made to fly, and it is unnatural not to use the instinct which is so sanitary and recreative. When the air is frosty and highly electrical, let men and women walk much in the open air, take rides and a run occasionally, until they get into a glow; in damp weather, enjoy the dance, play at battledore, dumb bells, and other recreative exercises, as within reach. Never mind the puerility of the thing. Health before scruples. Eat but sparingly at all times. Eat that food which is most charged with the electric element in dull weather; eat that which is least charged with electricity in dry weather. Avoid sudden changes, such as leaving hot rooms and going into a cold atmosphere without a due addition of clothing. Avoid standing long in a chilly atmosphere without some exercise to stir the blood. If you should feel, during the day, a slight tendency to pleurisy, bathe the feet, before going to bed, in warm water in which some mustard has been dissolved, and rub the side and chest with a stimulating liniment, such as hartshorn. If, on the contrary, symptoms of a bronchial affection are discovered, bathe the feet as before, and use a change of under garments, warm, and suited to the temperature. If the case is severe, medical aid must be obtained.

And here let me counsel you in the choice of a doctor. Do not—as many do—run to the first that comes in the way, nor be led into the delusion that the physician who keeps the finest carriage and pair is the most skilful in curing diseases. Unpalatable as it may be to the profession, I can assure the reader that I have seen prescriptions, written by some of the *so-called* great doctors, that have not been, so far as their curative qualities have been concerned, worth the paper upon which they were written. We have now, in most towns, allopaths, homœopaths, hydropaths, eclectic, and botanists, in great plenty: and, therefore, choice for all. My advice, however, is that application be made to a person of respectability and standing

—one who is well known, from honesty of purpose and love to his profession, to cure his patients in the shortest possible time, and whose practice and remedies are in accordance with the laws of nature; for be it remembered that doctors live by their practice, as tinkers live by their trade. But, above all, avoid the advertising quack and travelling impostor, as you would shun the fangs of a rattle-snake.

Let every person keep the skin clean. Every week, at least, let the bath be used. Hair gloves and flesh brushes are not bad for morning and evening exercises, when employed to give friction to the entire body. Such exercise on the skin diffuses a delightful glow over the whole body, keeps it in health, defies cold and rheumatics, promotes action of the bowels, and renders existence pleasurable. Above all, at this season, always keep the feet warmer than the head.

If my readers will apply these rules, especially in the selection of their clothing and diet, to the exigencies of the temperature and the ever-varying vicissitudes of the weather, the climate will be disarmed of half its present power.

HEALTH OF LONDON DURING THE WEEK ENDING 16TH FEBRUARY, 1859.

"The mortality of London this week is much below the average; but catarrhal affections prevail, and three deaths from influenza have been recorded. 1,036 deaths were registered in the week that ended on Saturday, the 16th instant, or 115 less in number than the deaths in the previous week. 481 children and young persons died under 20 years of age; 169 persons were of the age 20—40; 179 were of the age 40—60; 165 were 60—80; and 37 had passed the 80th year. The oldest person who died in the week was 93; she was the widow of a master leather-dresser in Dean street, Soho, and died of bronchitis. 21 persons died of small-pox: 12 under 20 years of age; 8 of the age 20—40; and one of 40 and under 60. Five of the deaths from small-pox took place in the Woolwich Royal Ordnance Hospital. Two of the men had marks of cow-pox; two, it is said, died after vaccination. Hooping-cough was fatal to 62 children under 10 years of age. There was one death from simple cholera; 16 from diarrhœa; 56 from typhus. Typhus chiefly destroys men and women of the middle periods of life; thus only 10 of the above numbers were under 20 years of age, 17 were 20—40, 20 were 40—60, and 9 were 60—80. Consumption is still more fatal in the middle periods of life, 18 died of that disease under the age of 20, 66 at 20—40, 41 at 40—60, and 9 at 60—80. 28 persons died of apoplexy; 26 of paralysis; 167 of bronchitis, asthma, or pneumonia. The deaths of 29 persons who died violent deaths were registered; 10 died of burns and scalds, 3 of suffocation, 4 of drowning, 9 of fractures and injuries, two of wounds, and one from accidental injury."

THE CLIMATICAL DISEASES OF THE MONTH OF MARCH.

"Sturdy March, with brow full sternly bent;
And armed strongly.
In his hand a spade he also pent;
And in a bag all sorts of seeds ysame,
Which on the earth he strewed as he went."

MARCH was the first month of the ancients, and was thus named after Mars, the god of war, because, says Ovid, "he was the first prince." The Saxons called it *Leuct-monath*, because the days began to exceed the night. *Leuct* is also a term for spring. They likewise called it *Hyd-monath*, or the month of storms.

The diseases of March do not essentially differ from those of February, unless in intensity, through the prevailing high winds, hard frosts, and sudden thaws. It is said that

"March winds and sleety showers
Bring forth April flowers;"

but they also bring the elements of the diseases of the lungs and skin. Therefore, the same cautions as I gave for last month are to be observed in this. To those who do not attend to the detailed state of the mortality for England during the months, we give a specimen of last February for Liverpool. There were 65 deaths of consumption, 56 of inflammation of the lungs, 14 of congestion of the lungs, 8 of bronchitis, 19 of typhus fever, 15 of dropsy in the head, 14 of other dropsies, 10 of diarrhoea, 10 of dysentery, 6 of erysipelas, 12 of inflammation of the bowels, 5 of inflammation of the throat, 5 of palsy, and only 6 of old age! Of the mortality among children, there were 61 deaths by convulsions, 19 of croup, 13 of marasmus, 4 of teething, 6 of measles. There were 10 premature births, and 32 cases of still-born children. This weekly registry of deaths is a description of only one district. It enables us to compare the mortality of one week, one month, and one year with another, and discover the increase or decrease. It also enables us to suggest measures which may improve a locality, fortify an individual, or prevent further mischief. The registry of mortality, therefore, should be viewed as a perpetual remonstrance on the

necessity of attending to the laws of health—a subject which must have a recurrent interest, to cease only when there shall be none but *inevitable* disease to afflict humanity.

It is only of late years that the truth has been assented to that the preservation of health depends upon the proper observance of certain laws—an obedience to certain duties. People formerly were inclined to consider that everything connected with bodily health was a mere matter of course or chance; that they had only to go on eating and drinking, breathing bad air, and living in all sorts of unwholesome places, and things were sure to come right in the end; or, if they did not, call in a doctor when too late, and then console themselves with the “mysterious ways of Providence.” The number of deaths in consequence was and is prodigious. More people die from violations of simple natural laws than from all the wars, earthquakes, and shipwrecks put together; and, though great improvements have lately been made, in this and other countries, with regard to these matters, yet we are far from that practical knowledge of what must be done before individuals, cities, towns, and villages, will be in as healthy a condition as they ought to be.

The ancient Romans gave rewards to citizens who brought up large families. Healthy children were considered a contribution to the effective force of the state. Observe the number of children’s deaths for any one week in England, and say whether measures for the preservation of children’s health among the moderns are not equally imperative and deserving of encouragement.

It is often asked—“Why there is so much sickness amongst us?” The question admits of easy reply. In all communities, there are persons who neglect cleanliness in their houses and persons—who eat food inappropriate and unwholesome—who wear clothing unsuited to the temperature or their temperament, without ever thinking of the consequences. If some live this way, others are sure to follow the example; and so the evil creeps from house to house, until a whole district is infected and involved. Let this process go on in all the towns of the kingdom, and we have a cause at work to produce disease. Thus it is we have bronchial and rheumatic complaints in the winter and spring, fever and bowel complaints in summer, and cholera and diarrhoea in autumn. They are all nourished by careless persons in densely crowded towns, and are steady attendants on poverty, neglect, ignorance, and vice. Darkness, damp, dirt, foul air, laziness, improper kind and quantity of food, are the arms with which disease strikes down its victims; and it surely behoves all who take an interest in society’s welfare to show how health may be maintained and disease mitigated.

The registry of mortality for February shews a great preponderance of bronchial and lung complaints. Coughs, colds, and consumptions are the serious diseases of last month and this. Carelessness of this fact is serious in families that have any tendency to scrofula or

consumption. A timely care, however, may prevent the seeds from germinating, even though they may be actually in the system. Carelessness of the commencement of coughs and colds, in this month, may establish them, and, in the succeeding months, they may rapidly run their course to a fatal termination. The chest and neck should not be exposed to the biting winds of March. Whenever hoarseness, sneezing, cough, cold, or influenza make their attack, the very first object to be effected is the immediate reduction of the inflammation,—which is done by encouraging perspiration, reducing the diet, and taking mild aperient medicine. Bathing the feet in warm water should not be neglected. Most complaints of the lungs may, by these simple means, be nipped in the bud and rendered powerless, which, neglected, may end fatally.

“An ounce of prevention,” however, “is better than a pound of cure;” and I give it. Parents, let your children enjoy the open air. Young ladies, do not, in this month, commit martyrdom by wearing thin shoes, gossamer dresses, or artificially-compressed chests. On the contrary, if you would be healthy and beautiful, wear warm shoes, warm dresses, and let your chests take in large draughts of March air. Persons with weak lungs will find great advantage from sponging the body all over night and morning, especially the neck and chest, with cold vinegar and water, and, where there are symptoms of consumption, pleurisy, bronchitis, &c., use cold brandy and water, until there is a glow of warmth. Keep the feet warm, take plenty of exercise, adapt the food and clothing to the changes of the atmosphere, as recommended in the last month’s address; and we warrant that, if these precautions are adopted, there will be fewer deaths and less sickness. It is ignorance and carelessness of God’s laws which prematurely kills mankind.

HEALTH OF LONDON DURING THE FIRST WEEK OF MARCH, 1859.

“The total number of deaths registered in London, which had been 1029 in the previous week, rose to 1082 in the week that ended last Saturday. The rate of mortality now prevailing is considerably less than has been generally experienced in the beginning of March; for the rate (taking the average) which prevailed at this period in the last ten years would have produced in the present increased population 1252 deaths. The difference is 170 in favour of last week. The present return includes the deaths of 570 males and 512 females. To the zymotic or epidemic class of diseases 205 deaths are referred, being a greater number than is found in any of the other classes into which the causes of death are divided. The tubercular class, including phthisis, has 192 deaths assigned to it; the class of pulmonary diseases, principally bronchitis, pneumonia, and asthma, 191; diseases of the nervous system, 125; diseases of the digestive organs, 56; of the heart and other organs of circulation, 52. Of particular diseases phthisis was the most fatal, and numbered 129 deaths. Hooping-cough, which was fatal in 54 cases appears to be the most prevalent of the epidemics; scarlatina caused 24 deaths, typhus 52. Of 10 deaths returned by the Registrar of St. Mary, Paddington, 4 were from scarlatina, 2 from measles, and 1 from hooping-cough; leaving only three not caused by diseases of the epidemic character. 4 deaths are returned from the sub-district of Christchurch, Marylebone, all by epidemics—viz., 2 by measles, 1 by scarlatina, 1 by ‘fever.’ There were 2 deaths from influenza; and catarrhal affections have been common

lately, though not attended with fatal results, which alone place them in the registrars. Fifteen deaths occurred from small-pox; 3 of these in the Small-pox Hospital. Seven infants died in consequence of malformation of some part of the body. Fifteen women died of fever or other disease incidental to child-bearing. A man aged 65 years died on February 8th, in the Workhouse, Mile-end, New Town, from want. A death from cholera is reported; it occurred after an illness of very short duration. The particulars are as follow: At 11 Half-moon street, Bishopsgate, on 7th March, a journeyman blacksmith, aged 48 years, 'cholera.' (10 hours) The house (adds the Registrar) is drained and ventilated, and there is no apparent circumstance to account for the disease. Two women died in the week at the age of 94 years."

STATISTICS OF MUSCULAR POWER.—"Man has the Power of imitating almost every motion but that of flight. To effect these, he has, in maturity and health, fourteen bones in his head, sixty in his thighs and legs, sixty-two in his arms and hands, and sixty-seven in his trunk. He has, also, 434 muscles. His heart makes sixty-four pulsations in a minute, and, therefore, 3,840 in an hour, and 92,160 in a day. There are, also, three complete circulations of his blood in the short space of an hour. In respect to the comparative speed of animated beings, and of impelled bodies, it may be remarked that size and construction seem to have little influence, nor has comparative strength, though one body giving any quantity of motion to another, is said to lose so much of its own. The sloth is by no means a small animal, and yet it can travel only fifty paces in a day; a worm crawls only five inches in fifty seconds; but a lady bird can fly twenty million times its own length in less time than an hour. An elk can run a mile and a half in seven minutes; an antelope a mile in a minute; the wild mule in Tartary has a speed even greater than that; an eagle can fly eighteen leagues in an hour; and a canary falcon can even reach 250 leagues in the short space of sixteen hours. A violent wind travels sixty miles in an hour; sound, 1,142 English feet in a second.—BURKE."



THE CLIMATICAL DISEASES OF THE MONTH OF

APRIL.

" And when I saw around me the wide field revive
With fruits and fertile promise, and the spring
Come forth her work of gladness to contrive,
With all her reckless birds upon the wing :
Turned from all she brought, to all she could not bring."

SO sung Byron. April could not bring peace of mind or vigour of body to him at that period : because, probably, he took not the right steps to secure them. And yet Byron must have loved April : because it is at once the most juvenile and the most feminine of all the months—never knowing its own mind for two days together. Poets have often represented April fickle as a fond maiden with her first lover—coying it with the young sun, till he withdraws his beams from her, and then weeping till she gets them back again. The charming variety of April is likened by one of the old poets to a coquette, whose "life is one sweet alternation of smiles, and sighs, and tears, and tears, and sighs, and smiles, till it is consummated in the open laughter of May."

I beg the reader not to hold me responsible for the above description of this or that particular April ; but only of what, in olden times, April was, and now *what it ought to be*. Certain it is that

" The seasons alter ; hoary-headed frosts
Fall in the fresh lap of the crimson rose ;
And, on old Hyems' thin and icy crown,
An odorous chaplet of sweet summer buds
Is, as in mockery, set ; the Spring, the Summer,
The chilling Autumn, angry Winter, change
Their wonted liveries ; and the amazed world,
By their increase, now knows not which is which."

The prevailing diseases of April, among adults, are rheumatism, bowel affections, and gout, together with an increase in the symptoms of all chronic maladies, produced in consequence of the searching winds, and the constantly wet and humid ground. The prevailing complaints of children are hooping-cough, measles, and catarrh. Diseases generally suffer a very considerable change in their character this month, which will require to be met with a corresponding change in their mode of treatment. When inflammation threatens, or makes

an attack, the system is better able to bear up against it in spring, than at the close of summer or autumn, when it has been weakened or relaxed by the previous hot weather. Another reason for the greater vigour of the body at this season is that, as vegetation is renewed, and animated nature revived, the blood partakes of the exhilaration, and circulates more freely, and the lungs play more vigorously.

In colds, measles, and whooping-cough, whenever the respiration is much impeded, or hurried, and the cough distressingly constant, a mustard poultice put to the chest, some active, yet simple, aperient administered, joined with an expectorant and a diaphoretic (or medicine which produces perspiration), given twice or thrice a day, with light diet, clean skin, and pure air, will generally prove sufficient treatment for a cure. If the case is chronic or serious, have medical advice.

Of all diseases, however, which prevail at the present season, consumption is most to be dreaded. The vicissitudes of temperature—sudden alternations of sunshine, shower, and shade—of heat and cold—of moist air and damp earth—of wet clothes and cold feet—are exciting causes of this disease. Much imprudence is also perpetrated by many people, at the first glimpse of an April sun, throwing open their windows and sitting near them, “to enjoy the afternoon.” This is a most dangerous practice. Any person had better sit out of doors than in such a situation: as the current of moist air is directed against one part of the body, and produces inflammation therein. Others, on a fine April day, throw off warm garments for cooler ones, and suddenly lessen the perspiration. Both of these practices subject the body to a sudden subtraction of its natural heat, and to cutaneous disorders. The human system may accommodate itself, after a time, to the endurance of any variety of temperature,—as is proved by the enjoyment of health under the burning sun of the equator, and in the intense cold of the frigid zone; but, when the atmospheric changes are rapid, as in April—no period of sufficient length intervening to enable it to call up its powers of resistance to the unexpected changes—a derangement of healthy action must be the consequence of such acts as those referred to above. If the alteration is sudden from heat to cold, the cutaneous transpiration is checked; a disturbance is induced in the capillary vessels on the surface of the skin, and then transferred, through sympathy, to the mucous membrane lining the interior; and hence catarrhs, inflammations of throat, lungs, intestines, &c. When passing from a heated room, without additional clothing, into the colder air, or to sit in a heated room, near an open window, at this season of the year, brings colds and inflammations, as surely as night follows day. The thermometer of our anthracite-heated apartments generally indicates 70 or 75 degrees, yet the inmates often step from this torrid zone into the arctic regions of the streets with but little

difference of clothing! Yet they wonder at the fearful statistics of mortality! Strong men daily jump from their places of business, by similar practices, into their sick beds; and their wives and daughters dance out of the ball-room, or the theatre, into the grave. It requires, therefore, no small caution, at this season, to check the approach of consumption, ere it becomes confirmed.

Whenever oppression, languor, and listlessness are first observed, more particularly on ascending stairs or rising ground, combined with a pearly lustre of the teeth and whites of the eyes, precautionary measures are peremptorily called for; and this is the time when they can be employed to the best advantage. The functions of the skin must be carefully attended to; and this is best effected by bathing, or spunging the entire body over night and morning with tepid water. This plan, if properly persevered in, will be sufficient to promote active counter-irritation; and, if requisite, it may be aided by the employment of some stimulating liniment rubbed over the chest and between the shoulders. Violent purgatives should be avoided: as, in most cases, they reduce the vital powers, and accelerate the malady.

Diet is the great preventive and remedial agent of this month. As the body derives its origin partly from the atmosphere and partly from the earth's surface, so food and air are the staples of its support; and to accommodate the one to the other is the art of life. Liebig has proved that vital activity depends upon the mutual action of the elements of the food and the oxygen of the atmosphere combining together: for the body acts, in this respect, as a furnace which we supply with fuel. Dr. Pereira says the elements of our food ought to be the same as those of which our bodies are composed; and, as we all know that certain states of the atmosphere develop certain tissues of the body and enfeeble others, the great desideratum is to find the food best adapted to supply the particular waste.

What food does nature demand? Nature herself assists us to answer. Thus, if nitrogen and albumen of the body be defective, the appetite will crave pulpy vegetables; on the contrary, if the mucous principle is defective, succulent vegetables are needed; if chlorine, or the digesting element, is lacking, salt is required; if the stomach is flaccid and inert, water-cress, celery, and similar herbs are required; if the fibrine is imperfect, solid food is requisite; if the proteine is scant, starchy food—as bread and potatoes—is indispensable; if carbon is wanted for the lungs, eat fat mutton, olive oil, or butter; if albumen and gelatine are wasted, then fish, or something similar, will repair the waste; and, if the electricity is required to make up for what is drawn away too rapidly from the body by the damp, moist soil of April, then meat, fish, eggs, oysters, tripe, turtle, cloves, onions, and the like, are fit food.

Reader! above all and before all, if you would enjoy health, and have your heart dancing gladly like the breeze of April, and have

your life-stream flowing like the soft, silvery, murmuring brook, rise with the lark, "which is the farmer's clock" to warn him of the early dawn. Up and inhale the balmy morning air. Put on sufficient clothing, and "meet the sun upon the upland lawn," as he rises over the eastern hills. To the very delicate, or the invalid, some of the April mornings may not be suitable for early walks; but to those in tolerable health, and who wish to maintain it permanently, every morning early rising and sufficient exercise to start the perspiration are desirable. The intent of exercise is to brace the sinews and muscles, thereby giving grace and agility—while, at the same time, the action of the skin is increased, and carries off the superfluous fat, which has always been found to impede activity, and is a proof of weakness, being generally induced by indolence, indulgence in bed, or the pleasures of the table.

HEALTH OF LONDON DURING THE FIRST WEEK OF APRIL, 1859.

"In the week that ended on Saturday, the total number of deaths registered in London was 1235, of which 620 were deaths of males, and 615 those of females. The deaths from pulmonary diseases, which in the two previous weeks were 292 and 278, were last week 264, the corrected average for the ten weeks corresponding with last week being 273. Bronchitis, one of the diseases in this class, was fatal in the last three weeks in 164, 160, and 130 cases, showing a decline with the higher and steadier temperature of last week. Hooping-cough numbered 64 cases, which differs little from the numbers returned in many previous weeks. Small-pox, scarlatina, and diarrhœa exhibit a low mortality, the deaths from them being respectively 2, 12, and 7. Eight persons had attained the age of 90 years, or upwards; they were all women except one; the three oldest died at the age of 93 years. A young seaman died in the Dreadnought, hospital ship, of 'scorbutus, abscess, and tetanus;' and a labourer, aged 71 years, died at 30 Duke street, Old Artillery Ground, of 'neglect, filth, and imperfect nutrition.'"



THE CLIMATICAL DISEASES OF THE MONTH OF

MAY.

"She comes—the varied month of May!
Let's haste to gather our bouquet!"

"For thee the fragrant zephyrs blow;
For thee descends the sunny shower;
The rills in softer murmurs flow;
And brighter blossoms gem the bower."—DARWIN.

THE Saxons called this month *Trimilki*: because, at this season of the year, they milked their cows three times a day. It was also called May from the goddess Maia. Among our Anglo-Saxon ancestors, May-day was one of festivity and rejoicing, and the gathering of May-dew was an object of great interest with all classes. We read,—

"On old May-morn, high dames at early hour
Were wont to gather bright cosmetic dews;
In that fresh dawn, too, for his favourite flower—
The daisy—Chaucer oft his strain renews."

But, unfortunately, those days of relaxation from the cares of labour are now becoming few and far between. Even in Saxondom, rustics dancing round the garland tree, and crowning their May-queen amid the groups of laughing lasses and merry youngsters, is a rare event. What care our pent-up citizens for celebrating the advent of flowers? They let the season come without glorying in it; and, when it goes, they care not. Health and out-door hilarity are exchanged for refinement and business—their being's end and aim bartered for gentility and money!

"The world is too much with us; late and soon,
Getting and spending, we lay waste our powers."

May cannot properly be classed with either Spring or Summer. It partakes of both. To-day the vernal sun causes the vegetable tribe to rear their heads, trees to blossom and fructify, the feathered songsters to vocalize the summer, while the feelings of our own race vibrate in unison with the general influence, and the blood circulates more freely in the veins, giving the feeling of a phlethora; to-morrow

comes a day of the cold easterly winds of March and April, and lays the foundation for the diseases of May, which are catarrhal, febrile, pulmonary, and hepatic.

"Everything by turns, and nothing long," is the motto of May. The scriptural saying, "We know not what a day may bring forth," is very applicable to the weather. Nothing is so likely to disorder the body as sudden transitions from heat to cold. The rationale is this : during the winter, the lungs, from the part they perform in the generation of animal heat, are the more active organs. In summer, the liver is the more active. Exposure to a low temperature repels the blood from the surface to the internal organs. If this exposure to cold or damp takes place in winter, the lungs being then the active organs, the prevailing diseases are bronchitis, pleurisy, catarrh, and consumption. If this exposure takes place in summer, the liver being then in a state of activity, the brunt of the congestion falls on it : hence we have bilious affections, dysenteries, intermittent fevers, for the prevailing complaints. The pulmonary complaints, therefore, of winter, and the hepatic diseases of summer, are both the products often of May : the different effects being solely owing to the different modifications of the weather, and the different conditions of the body when exposed to their influence. Since the great liability to disease results from the vicissitudes of temperature, the desideratum is the adaptation of clothing, food, air, and exercise, suitable to the maintenance of a healthy and uniform warmth to the body. It should never be forgotten that but a small proportion of the diseases of this season are cured—consumption and liver complaints being sturdy residents of the human frame when once in possession.

The great thing is *prevention*. The only hope is a study, each one of his own nature, and the best condition of its vigorous exercise. The next best thing is to intercept a system already diseased—on its way to the grave—to point out to those whose vital forces are in a weakly condition what is most likely to disturb these forces and predispose them to disease. Thus the weak and delicate should wear next the skin, during the present season, flannels as a ward to the sudden changes. Warm winter clothing should only very gradually be changed for that of summer, and the change should begin always with the outer garments. Colds are very generally caught by the feet, from the sudden adoption of cotton for woollen stockings, thin shoes for thick, and from damp and wet shoes not changed. Another hazardous practice is that of housewives, on the first appearance of warm weather, throwing open their houses, taking up their carpets, and "*putting things to rights for the summer*." The weather, however, suddenly changes to cold or wet, the mattresses are damp, the floors cold, the family go to bed chill, and the fruits are a legacy of catarrhal complaints and a predisposition for all future summer complaints. "*Putting things awrong*" is the more appropriate term for such imprudences. Equability of temperature is the *necessity* of

the season. Hurry, bustle, heats, chills, damp bedding, and change of diet, sow the seeds of disease in some, and ripen it in others. It is well known that the system may be charged with the seeds of fever, ague, consumption, and the like for months, and not be ripened into action: because it generally requires the operation of some exciting or proximate cause, acting on the predisposed organization to develop the disease. Those, therefore, who possess a feeble organization or constitution, should protect themselves at this juncture with warm clothing, nutritious food, and keep the blood active with moderate exercise.

Newly built houses are evils to be avoided, as there is a greatly increased proportion of water in the atmosphere breathed. This arises from the wooden materials being new and damp, from the plaster not becoming dry until long after habitation, and from the materials being wet during the season of erection. The effects of the humid atmosphere of new or newly repaired houses are a deranged skin, pale face, wasted muscles, and sluggishness of all the functions. Such houses are the nurseries of rheumatisms, inflammation of the joints, paralysis, and intermittent fever. There is likewise the evaporation of the lead, copper, and arsenic employed in the varnishes and paints which, when taken into the system, produce chest diseases, apoplexy, cholic, and cholera. It was remarked, during the cholera, that its ravages were more fatal in new houses than elsewhere. It ought to be the duty of the sanitary police to prohibit new houses before a certain period has elapsed. The conditions of building a dwelling-house ought to be that the materials should be procured and dried during the winter, and the process of building be regulated by the weather. Lead and arsenical colours for painting the walls, windows, and doors, should be forbidden. Means, also, should be taken to instruct the people as regards the injuries caused by newly built houses, and what steps to be taken to counteract these evils. In the absence of such full information, the following precautions are given:

In occupying a new house, or a damp one, rub or wash off mould spots, thoroughly ventilate and dry every apartment by fires and open windows. Put muriate of lime or sulphuric acid in different places to attract the moisture. Purify the air from the poison of paints and varnishes by putting, also, in various places, chlorine, nitric acid, vapours, fumes of sulphur, and other fumigations. Do not let the beds stand near the walls. Eat nourishing food, wear woollen clothing, take out-door exercise, and be temperate.

To those obliged to live in districts where the existing conditions are favourable for the production of fever and ague, it is advisable to beware of excessive labour: for it exhausts the muscular and other tissues, and diminishes the nervous fluid. Fever and ague is a disease caused by moral and physical depression in certain localities. Excessive exertion, before or after a meal, fatigues the stomach, liver,

bowels, and nutrient vessels, and in damp, low soils, disposes to fever and ague. Sedentary people, who reside in cellars, are bilious, dyspeptic, and agueish. These require a given amount of open-air exercise. Both parties require suitable and electric regimen.

King Solomon, of old, had an eye to the inhabitants of modern cities when he penned these words of best advice : —“Go forth to the fields, lodge in the village, get up early to the vineyard, see if the vines flourish, and whether the tender grapes appear, mark the budding flowers, and listen to the joyous warbling of the woods.” Let all who sleep in beds of down remember this advice, and arise and inhale the breath of early May. Let none but the aged, the invalid, and the dweller in malarious districts, lay in bed after six in the morning, else they must not afterwards complain of weak lungs and disordered digestions. Little can be expected from the aid of physicians by those who refuse early out-door exercise at this season. Drowsy indulgence in bed, in fine weather, unstrings the nerves, enfeebles the body, emasculates the mind, and predisposes to all epidemic and endemic affections.

HEALTH OF LONDON DURING THE LAST WEEK IN MAY, 1859.

“In the first week of May the deaths registered in London rose to 1,154; during the following weeks they have shown a constant decrease, and in the last week of the month, which ended on Saturday, they were 1,027. In the week preceding that on which the mortality rose, the mean weekly temperature had fallen to 41°30; in three subsequent weeks it rose to 44°30, 51°20, and 53°10; and last week it was 53°30. In the corresponding weeks of the last ten years, 1846-55, the average number of deaths was 952, which, if raised in proportion to increase of population, becomes 1,047. The number, as shown by the present returns, is therefore less than, but not materially different from, the estimated amount. The number of births registered in the week was 1,578; and there was an excess of 551 in the number of persons born, as compared with those who died. The oldest person recorded in the returns of deaths is a widow who lived in Battersea, and had attained the age of 94 years. The mortality in diseases of the zymotic class indicates, on the whole, a satisfactory state of the public health. The deaths referred to in this class are 220, whilst the corrected average for corresponding weeks in former years is 233, though typhus still exhibits some degree of prominence, the deaths from it being 59, whilst the average is 46. Scarlatina carried off 40 children, measles 36, hooping-cough 33; there were only 5 deaths from small-pox, and 12 from diarrhœa. While the Western division is comparatively exempt from scarlatina and typhus, cases of hooping-cough appear to be more numerous there than in other parts. A man died from ‘typhoid fever and melancholia’ in the Shoreditch workhouse. Seven days before his death the police had brought him and his wife to the house from Wellington-street, Kingsland-road, both in a very emaciated state. It appears that he had gone to the docks on the morning of the 21st ult., in quest of employment, but arrived too late to obtain it, and on returning home had attempted to destroy himself by strangulation.”

THE CLIMATICAL DISEASES OF THE MONTH OF

JUNE.

"The shepherd,
In his gay baldrick, sits at his low grassy board,
With flowers, curds, clouted cream, and dainties stored;
And, while the bagpipe plays, each lusty jocund swain
Quaffs syllabubs in cans whose nose-gays they do wear,
And roundelays do sing."

THE Saxons gave June the name of *Weyd-Monath*: because "their cattle did weyd in the meadows," that is, feed in them; and this is why a meadow is called in Teutonic a *weyd*; and of weyd we retain the word *wade*, to go through watery places, such as meadows usually are.

The merry month of June—with its roses, its spangled meads, and shady bowers—is, to the close pent inhabitants of cities, a season of hopes, anticipated enjoyments, and pleasurable calculations. Mothers and daughters are now engrossed with the themes of the country and its varied charms—with various excursions in which amusement is to be reconciled with the requirements of fashion, and health to be the attendant of both. Now is the time, also, to try to restore bloom to the cheek of the pallid invalid, by placing him where the balmy gales of the country, redolent of flowers and hay, may bring colour to the blood and vigour to the frame. Whatever may or can be said of the luxuries and conveniences of cities, certainly there is nothing, after all, like the country—with its healthy joys and simplicity. In the country there are no such plague spots as in the crowded alleys, courts, and workshops of cities, in which plague and pestilence nestle—where scrofula, emaciation, stunted growth, idiocy and imbecility, vice and misery, are the products. A sanitary report proves that the poorest people of the city eat more, and what is called better food than those of the country; yet mark the result! The country child will make his meal of raw turnip, unripe peas, blackberries, or apples, and laugh, digest, and have plenty of good blood. No food is lost to him: it is all appropriated, and well, too, for the purposes of his constitution. His lungs, playing in a pure air, maintain the health and energy of his circulation, balance all his functions, strengthen every limb, and build up a hale, vigorous man, against whom "the winds of heaven cannot blow too roughly."

Ruddy and rollicking, and free as the breezes that feed him—a stranger alike to the passions and pangs of a city competition—he journeys through existence to that age which is pronounced the termination of man's natural life.

But the month is not one of unmixed corporeal enjoyment and unquestioned sanative powers, even to those citizens who are fortunate enough to sojourn in the country. The sun pours down a powerful stream of heat, which causes the head to throb and the temples to beat with rapid pulsations. Headaches, too, are now regular attendants of the unfortunate dyspeptic. Those who indulge in the same rich and nutritious diet as in winter will also suffer from light-headedness, biliousness, and the like. If we would avoid disturbance and disease from headache, thirst, feverish heat, flushed skin, and stomach complaints, we should bear in mind that June puts us out of the northern or middle latitudes, and places us in a southern clime: consequently, we should imitate the inhabitants of that clime in diet, and eat less animal food, avoid intoxicating drink, and substitute more vegetables, pure air, water, exercise, and cold and tepid bathing.

Another principal evil to be guarded against in June is night-dew, which often causes the unwary to lament their incautious exposure to its influences. The poet Thompson, who was an enthusiastic admirer as well as describer of rural scenes, fell a victim to a night exposure. Hundreds who delight in evening walks and parties—who love to

" Sit and nightly spell
Of every star the sky doth shew,
And every herb that sips the dew,"

and wander romantically through the woods at night, have shared Thompson's fate. The chief injury arising from evening dew is that the state of the system is different. Toward sunset the vital energies of the system are enfeebled and exhausted by the business or pleasures of the day. With this there is an increase of pulse, and, consequently, a slight degree of fever. With the most healthy this is more or less the case. During this temporary state of exhaustion, the vessels of the skin are in a state of relaxation, and become suddenly closed by the cold, moist air, and disease must result if the effect be not immediately counteracted. The powers of the system having been refreshed and invigorated by sleep, the frame is elastic and energetic; and the skin, instead of absorbing the dew, throws it off, like the stag in the "Lady of the Lake,"—

" Ere his distant course he took,
The dewdrops from his flanks he shook;
And, bounding forward, free and far,
Sought the wild heaths of Aam Var."

Morning, therefore, is the proper period for the citizen to visit the hay-field—the peep of day to visit the bespangled lawn, heathy hill, or tangled wood. June affords, too, delightful recreations to call up the respective faculties of body and mind into harmonious exercise: such as archery, cricket, bowling, fishing, botanizing, and the like. Nor should it be forgotten that the great benefit of a change of air is to change the current of the thoughts and feelings. Invalids, if dull, always recur to their ailments; and, of course, aggravate them. Change of air, change of habitation, change of society, change of diet and occupation, and change from dullness to cheerfulness, is all very desirable, and is, in fact, *the art of life*. Health to the invalid must be won, as coy maidens are, by diligence and attention.

In June, children are liable to be attacked with fever and cholic, from eating green fruit and raw vegetables. Their diet should be carefully watched, or serious consequences may ensue. The grand safeguard for children at this season is a clean skin, to allow free perspiration: as one half of the disorders of summer arise from skin derangements, through want of daily ablution. Those who bathe in the sea, rivers, &c., should never enter therein in a state of perspiration: as they render themselves liable to inflammation. Neither should they remain too long in the water. It is not the time spent in the water that produces the beneficial results: it is the vigor imparted to the frame from the effects of the cold water.

City ladies and gentlemen are liable to sun-burn at this season. The heat of the sun is, no doubt, one cause; but not the only one. Whoever is much tanned by the sun may suspect that there is some lurking disorder of the liver or the bile; the bowels are either disordered, the mouth bad-tasted in the morning, the tongue covered with a white or brown crust, the spirits low, the limbs languid, or the frame soon becomes wearied. If any of these symptoms are present, it will be in vain to try any “remedies for freckles,” until the state of the stomach and bowels is attended to. Then, when the system is re-established—but not till then—will the tan vanish.

HEALTH OF LONDON DURING THE LAST WEEK IN JUNE, 1859.

“In the week that ended on Saturday, the total number of deaths registered in London was 1,118. In the corresponding weeks of the ten years, 1846-55, the average number was 1,067, which, if raised in proportion to increase of population, for comparison with the deaths of last week, will become 1,174. The number now returned is less than the estimated amount by 56. The present return exhibits an increase on that of the previous week, when the number of deaths was less than a thousand, in consequence of cases, on which inquests were held, being entered in the registers in considerably more than the due weekly proportion, which usually happens at the end of a quarter. The number of deaths referred to the zymotic class of diseases is not affected by this circumstance, and that was, last week, 228; the average of ten weeks, corrected for population, being 255. Typhus, though it does not increase, continues to be more fatal than any other disease in this class; it numbers 48, of which about a third part occurred in the Eastern division of the metropolis, while in each of the four other divisions the number was six or eight. Measles, which seems to prevail

chiefly on the south side of the river, was fatal in 41 cases. Small-pox produced only 9 deaths, but 3 of these occurred in the sub-district of Whitecross-street. It is stated that in a house in Ashley-crescent (Hoxton New-town), reported to be in good sanitary condition, three children have died of scarlatina within twenty-seven days; and a third case of the same disease, which attracted some notice, has proved fatal in a house in Staples Inn-buildings. The fatal cases of diarrhœa returned for the week are 16, which is less than the number that usually occurs in the last week in June. Four deaths are referred to cholera, in one of which cases the illness was of short duration; in another it lasted four days, and in the two others the disease occurred to infants, and is returned as 'infantile cholera' and 'choleraic diarrhœa.' There are generally a few cases of cholera in London at this season, and more at a later period, under the heat of summer. A girl, aged nine years, died of chorea. A woman died in the workhouse, at Whitechapel, at the age of 95 years. On the 20th of June, a baker, whose death was returned in the previous week, died in the workhouse, Mile-end New-town, at the age of 100 years. He was a native of Dunse, in Berwickshire. Last week the births of 884 boys and 853 girls, in all 1,737 children, were registered in London. In the ten corresponding weeks of the years 1846-55, the average number was 1,529. At the Royal Observatory, Greenwich, the mean height of the barometer in the week was 29.979 in. The mean daily reading was above 30 in. on four days. The mean temperature of the week was 63.40, which is 2.5 above the average of the same week in thirty-eight years (as determined by Mr. Glaisher)."



THE CLIMATICAL DISEASES OF THE MONTH OF

JULY.

"Beside the dewy border let me sit,
All in the freshness of the humid air.
There in hollowed rock, grotesque and wild,
An ample chair, moss-lined, and, overhead,
By flowering umbrage shaded."

THE Saxons called this *Arn-Monath*, or hay month, and their symbolic expression of it was by a "Mower." And they thought July a right pleasant month—as it is. The whole world of rural wealth is spread out before us in prodigal array, to tempt city drudges from the noisome atmosphere and ill ventilated apartments into the country. Set out, therefore, all who have the courage to leave the shop. Let them take a day or two's ramble among the shady woods, the green groves, and over the hills; let them study the green wheat, yellow rye, the whitening oats; watch the scarlet poppy and the elegant blue-bell; take pleasure in gazing on cattle wading in shallow pools of water to luxuriate, and breechless boys becoming amphibious; observe whole meadows, lanes, lakes, and commons swarming with insects and embryo frogs in tadpole state; take practical lessons in political and domestic economy from the commonwealth of bees; or make one of the predestrians who wander along dusty roads, with your coat over your arm, and

"Half in a cloud of stifling road dust lost;"

careless how they go, or where they go to! Let the merchant, the clerk, the tradesman, the student, the editor, the statesman, and the poor seamstress—all who suffer from want of

"That kindly sky, whose fostering power regales
Man, beast, and all the vegetable train"—

take advantage of this season to relieve their overtasked faculties by some country recreation, one day a week. Recollect the art of life is to gratify every sense in its turn.

Bowel complaints, dysentery, and diarrhoea are regarded as customary complaints of this month, and, unfortunately, are; *but need not be*. Dietetic errors are the main origin of all these complaints. Always keep the alimentary canal in a healthy condition—that is to say, free and loose. Live temperately on well-chewed, plain, and nutritive food, simply cooked. Avoid unripe fruits and vegetables, and too much consolidated food—as fine flour-bread, rich meats, salted meat, and anything of a constipative character. Ardent spirits are neither necessary nor very desirable in hot weather. They only add an internal fire to the heat of the sun. Avoid, however, drinking cold water whilst very warm. Drink only a small quantity at once, and let it remain a short time in your mouth before you swallow it; or wash your hands and face, and rinse your mouth, before you swallow the water, if in a state of perspiration. Bathe the skin every morning with a sponge or otherwise, and wear clothing suited to the season. Let all follow these directions during this month; and it is guaranteed that, under Providence, these customary “summer complaints” will have no effect upon you.

Under the heading of February, it was shewn that hepatic or liver diseases, arising from an excess of carbon, are prevalent in summer; while, in winter, pulmonary diseases are frequent, in consequence of an excess of oxygen. The system requires less carbonaceous food, and less in quantity, in this weather than in cold; and liver diseases among northern people, when residing in tropical climes, is caused by their using food fitted only for their former residence and climate. Less combustible or carbonaceous food is required in warm weather: thus, in all hot countries, a light vegetable food is the favourite. In Spain, and the southern parts of France and Italy, light soups and fruit are favourite dishes; while, in England, being more northerly, the cry is for fat beef. The rule is,—more vegetable than animal food this season; in winter, more animal and other carbonaceous food.

Small-pox is rather prevalent this month, and calls for great care of the bowels, great cleanliness, and plenty of fresh air. No decaying vegetables or dirty water should be left standing in kitchens or out-houses. The windows should be thrown open early in the mornings, and kept so all day. Whenever any unpleasant effluvium arises from privies, drains, or manufactories, a little chloride of lime qualifies their bad effects.

Fevers are also prevalent this month; and, as a general thing, are caused by the inattention of the municipal authorities. Fevers are generated by the decomposition of vegetable and animal substances, emitting a deadly effluvium with the atmosphere, the prevention of which is clearly the business of the sanitary authorities. Crowded neighbourhoods, where the poverty and bad habits of the population prevent proper ablutions, and where sweat and filth prevail, are, of course, the first affected with fevers and deaths; but every one who does nothing to abate or remove such nucleuses of disease—who is

heedless or careless of them—may be compared to a butterfly, destined to perish with the sunset. Every person, during this season, ought to keep disinfecting agents for fumigation ready for momentary use. They are one great agency of health. Above all things, bear in mind the fundamental principle that we are organized beings, subject to organized laws, as much so as the brutes around us, or the inanimate bodies with which we come in contact, are to laws mechanical and chemical; and we can as little escape the consequences of ignorance, neglect, or violation of those natural laws which affect our lives through the air we breathe, the food we eat, and the exercise we take, as a stone projected from the hand, or a shot from a cannon, can place itself beyond the bounds of gravitation. Surely, no science can concern us more than that which relates to the conditions on which human life is held by each individual!

HEALTH OF LONDON DURING THE FIRST WEEK IN JULY, 1859.

"In the week that ended last Saturday, the deaths of 1,027 persons were registered in London. In the corresponding weeks of the ten years 1846-55, the average number of deaths was 974, which, for comparison with last week's deaths, should be raised by a tenth part for increase of population, in which case it becomes 1,071. There is a difference of 44 in favour of last week. A man, aged 32 years, died at 27, Drayton-grove, Brompton, on 1st of July, of 'English cholera,' after 72 hours' illness. Diarrhoea shows a slight increase on previous weeks; the deaths from it were 29. At the Royal Observatory, Greenwich, the mean height of the barometer in the week was 30·008 inches. The highest reading occurred on Saturday, the 29th ultimo, and was 30·15 inches. The mean temperature of the week was 59·20, which is 2·70 below the average of the same week in 38 years (as determined by Mr. Glaisher). The mean daily temperature was below the average on every day except Monday, on which day the highest reading in the week occurred, when the thermometer in the shade rose to 77°, and in the sun to 102·5. The lowest reading occurred on Thursday, and was 44°. The range of the week was 33°. The mean dew-point temperature was 48·9°, and the difference between this and the mean temperature of the air was 10·3°. The mean temperature of the water of the Thames was 67°. The wind blew generally from the north-east. No rain fell except a few drops.

THE CLIMATICAL DISEASES OF THE MONTH OF

AUGUST.

"I, in prophetic numbers, could unfold
The omens of the year: what seasons teem
With what diseases."

ORIGINALLY the Romans called this month *Sextilis*, as being the sixth month from March, which was the beginning of their year. It was afterwards changed to August, in honour of Augustus Cæsar: because in that month he began his consulship. With the Saxons, it had the name of *Arn-Monath*, or harvest month.

The year has now nearly reached the parallel of its existence. Like a person at forty, it has turned the corner of its life; but, like a careful person, it may still fancy itself young: because it does not begin to feel itself getting old. August is that debateable ground of the year which is situated upon the confines of summer and autumn; although summer may have the better claim. It is dressed in half the flowers of the one, and half the fruits of the other. The monotony of colour and hue of summer are changed from unvarying green to the rich and conspicuous gold of the corn-fields. Even the greens are of various hues — mellow, dull, and bright—which, blended together, give a peculiar charm to August; just as a truly heartful woman is more beautiful at the period immediately before that at which her charms begin to wane, than even she was before.

Cities like London, at this season, have little to say for themselves. London, at this season, is like a great stone oven, from whose heated bricks and stones a moistureless air only fans the fevered face. The pores of the body perfectly gasp, the muscles languish, energy dies away, and the mind seems extinguished. When in this state, the citizen should be able to take Dr. Armstrong's advice,—

"Ye who, amid this feverish world, would wear
A body free from pain—of cares a mind—
Fly the rank city, shun its turbid air."

To those afflicted with a furred tongue, a fevered brow, deranged appetite, lassitude, hopelessness, or melancholy, we should say, make for the country. Instead of giving money to doctors, give it to

railways and to farmers, or to country inns, and lodging-house keepers at the sea-side.

To those who cannot follow the above advice, what then? Why, simply, they must understand the organic laws on which health, in all circumstances, depends; and to see to such sanitary measures in our streets, buildings, food, exercise, and cleanliness, as will reduce the unhealthiness of the town or city to the minimum, and elevate each his condition to the maximum of enjoyment.

The latter part of July is generally very trying to the asthmatic or consumptive. From excessive heats and dry spells to equally excessive wet and cold temperatures, the fluctuations are often sudden and unexpected. To-day a hot-house, to-morrow a blast of winter—to-day the body relaxed by heat, to-morrow debilitated by moist—cannot but be productive of catarrhal and other disorders of the throat, breast, and abdomen. It is such fluctuations that account for the great mortality during the hot season in the West Indies, the Isthmus of Panama, &c. To the weakly and infirm these fluctuations are highly injurious. To them equability of clime is safety. To the robust and healthy they are serious matters: as they produce *slight colds*. Now, consider a slight cold to be in the nature of a chill, caught by a sudden contact with your grave, or as occasioned by the damp finger of death laid upon you as a premonitory sign of an early call, and there is nothing amusing in it. Yet, reader, such is the true nature of a “slight cold” at this season; and this truth should be remembered by all who would rather measure out their span upon this earth rather than under it—to be remembered by all who are conscious of any constitutional flaw or feebleness, who are distinguished by any such tendency deathwards, as long necks, narrow chests, weak lungs, very fair complexions, exquisite sympathy with atmospheric variations, or, in short, any debilitating tendencies. A “slight cold,” in these times of excessive dry and wet spells, is an egg hastily hatched; but pleurisy, asthma, and consumption are the rewards. Retaining the light summer dress when the atmosphere has chilled—sitting or standing in a draught when the body is perspiring—is as if inhaling the vapors of the grave. Lying in damp beds—continuing in wet clothing—neglecting wet feet—are all invitations to an early embrace in the arms of death.

“The stomach’s study,” said Dr. Johnson, “is the study of morality.” At this season, it is particularly deserving of attention. Unripe fruits and half-grown vegetables are eagerly devoured by all classes and ages, notwithstanding the general sense of the community pronounces them pernicious. The consequences of such recklessness or daring are, of course, a plentiful crop of dysentery, indigestion, stomach complaints, and fevers. The robust of constitution may violate the natural laws, in this respect, with apparent impunity; but to the young, the aged, or the weak, such violation is deathful. Common sense, if it was followed, dictates the best rules for dieting

in hot weather. Make no radical or sudden change in diet. Eat sparingly of every kind. Asparagus, spinach, peas, beans, or cabbage, should be *thoroughly cooked*. The nutritive roots, as potatoes, turnips, parsnips, &c., should not be eaten until *thoroughly grown*: as, until then, composition does not render them fit for alimentary substances. Fruits are not alimentary in their green state. Only mild flavoured, well ripened fruits are safe. Avoid much meat. Stale bread is the right kind for the bowels now. If the bowels are costive, eat unbolted flour-bread, and ripe fruits and vegetables. When there is a tendency to diarrhœa, then a spare, or abstemious diet is recommended. Little drink should then be taken, either at or before meals.

Clothing, to afford a uniform protection, should, itself, be variable while the weather is so. It should be changed in amount and character daily, as occasion may require. To enable the body to accommodate itself easily to these heats and chills, the flesh brush, crash towel, and the sponge bath, should be a daily employment. Do not any very laborious employment, exposed to the sun's rays, during the middle of the day. Keep your bedrooms well ventilated, take regular exercise, and rise early in the morning; and, at the end of August, you will be out of reach of all doctors.

HEALTH OF LONDON DURING THE FIRST WEEK IN AUGUST, 1859.

"The mortality in London is below the usual average rate which prevails within its limits. In the week that ended on Saturday, 995 persons—of whom 487 were males, 508 females—died. The total number differs little from that of the preceding week, which was 1,018. The corrected average of the corresponding weeks of the previous ten years was 1,213. But this result represents more than the nominal rate of mortality, in consequence of cholera, which was epidemic in 1849 and 1854, having carried off in the corresponding weeks of those years about 916 persons. Of the 955 persons who died, 522 were under 20 years of age, 147 were 20 and under 40, 146 were 40 to 60, 146 were 60 to 80, and 34 were 80 years of age and upwards. 278 persons died of zymotic diseases including 11 by cholera, 71 by diarrhœa, 20 by small-pox, 45 by measles, 19 by scarlatina 48 by typhus, &c. Ten of the deaths by cholera are returned as infantile cholera, and occurred to children under two years of age. The deaths from diarrhœa have increased from 15 weekly in June, to 29, 48, 62 in July, and in the last week to 71. Of 99 deaths assigned to diseases of the respiratory organs, 41 were caused by bronchitis, 42 by pneumonia, 4 by asthma, 3 by pleurisy, laryngitis, &c. Phthisis was fatal in 120 cases. Half of the deaths that happen on an average in London, between the ages of 20 and 40, are from consumption and diseases of the respiratory organs. The deaths from these diseases in the last week were 65; the deaths from all other diseases at the same period of life were 82. The deaths from consumption and from other diseases of the respiratory organs, at all ages, were 220.

THE CLIMATICAL DISEASES OF THE MONTH OF

SEPTEMBER.

"Winter invades the spring, and often pours
A chilling flood on summer's drooping flowers;
Unwelcome vapours quench autumnal beams;
Ungential blasts, attending, curl the streams;
The peasants urge the harvest, ply the fork
With double toil, and shudder at their work."

SEPTEMBER was so called by the Romans, as being the seventh month from March, the beginning of their year. By the Saxons it was called *Gerst-Monath*, as Verstegan tells us, "for that barley, which that month commonly yielded, was anciently called *Gerst*: the name of barley being given unto it by reason of the drink therewith made, called beer; and from *beerleggh* it came to be *berleggh*, and from *berleggh* to *barley*."

Whatever the origin of its name, with us September is the hint that the year is on the wane. It is declining into the "vale of months." The year has reached a "certain age." It has arrived at the summit of the hill, and is beginning to totter into the valley below. Nevertheless, though autumn is not so bright with promise as young spring, with her blossoms and flowers, it is more matronly and serenely joyful: because it has *fulfilled* the promise, and granted the fruition of our hopes, in a plentiful harvest. A writer has said: "In the spring-time we shout with excitement; in summer we are silent, brooding in thought over the gestation of nature; then the full maturity of autumn comes, and our souls swell with emotions we cannot describe—it is a deep and intense joy; but we still feel lonely, and dread the approach of winter, as a cold-hearted destroyer." Instead of dreading the winter, however, we recommend all to partake of the manifold blessings of the declining heat, enjoy the beauties of the forests in the "sere and yellow leaf," and delight in the gentle breeze of the mellowed sun: for the only philosophy that is valuable to ourselves and acceptable to nature is that just appreciation of her gifts which consists in the full enjoyment of each in its turn.

During the past month, cholera infantum and dysentery have been

the leading complaints, although diarrhœa and inflammation of the stomach are also generally very prevalent. These, also, form the principal diseases of September. But these endemic or epidemic complaints are neither necessary nor unavoidable. They are simply the result of wilful or ignorant violations of physiological laws in our general conduct. The exciting or immediate cause of these complaints, at this season, may arise from over-indulgence in unripe fruit, or inattention to dress during the sudden alterations of atmosphere and temperature; but the *predisposition* existed from erroneous habits of previous life. A person may, for years, have constipated bowels, a congested liver, the remnants of a cold, or be liable to over-exertion; and, therefore, every change of diet, variation of temperature, or unusual aliments, subjects him to the affliction of "summer complaints." What is it gives miasma, damp weather, the effluvia from drains, slaughter houses, burial grounds, and privies, such a certain power to kill? Simply because the blood is impure, the secretions foul, the fluids putrescent, and the stomach and bowels out of order; simply because the human machine, like all other machines, has been worn out by abuse and neglect. Excess on the one hand, or want of proper exercise and regimen on the other, have prematurely damaged or rusted the frame, and prepared it for the reception of the first noxious element. There may be many causes existing external from the body; but within is the kernel on which they feed—within is the morbid material on which they riot and ferment.

Every year we learn that the cities of New Orleans, Norfolk, and Virginia suffer severely from yellow fever, which sweeps whole families off during this month. We never read, however, of any very special causes assigned for the awful visitation of the epidemic at this period. It is true that there is an unusual amount of heat and rain in these quarters, which, no doubt, favours the development of whatever *predisposition* might have existed. Warmth and humidity, operating on immense tracts of low, marshy soil, produce a noxious miasma therefrom, and, indeed, are the nursing mothers of contagion, wherever there is dirt and filth. In Egypt, the plague ever rages in the low, moist lands, and spreads to the filthy cities. It is an idea in Europe that all the ravages of this fearful disorder, that have devastated the world at different periods, have originated in the ferny soil of Egypt. But the same causes of disease exist wherever animal and vegetable matter accumulates in low places: in ditches, moats, ponds, holds of ships, the wooden docks and wharves of cities, the damp of cellars, shallow sewers, dung heaps, dead animals, and open privies. These causes of disease are existent in all cities; yet, for twenty years, the yellow fever has not raged in any country of Europe! Why? Because civilization has interposed, to some extent, to prevent the worst consequences. Acting on the knowledge that the salubrity of the air, in different places, depends,

in a great degree, upon the state of the soil in these places, our streets are becoming wider, better paved, drains are established, water is plentiful, chloride of lime employed, the country and neighbourhood in a state of cultivation, sanitary laws somewhat enforced, and the food of the millions more plentiful and nutritious.

It has been well said, that "Where ignorance is greatest, so is crime; where there is most crime, there is most disease; of which the passions are the prolific source." Every day elicits and confirms the truth. Famines formerly used to sweep away the inhabitants of districts, and such famines continue to recur among rude nations; but civilization is constantly contributing to maintain an equilibrium betwixt our wants and our resources, which is the mainspring of health. The weight and elasticity, humidity or dryness, electricity or non-electricity of the atmosphere, are the principal external causes of all the states of health through which all animated beings pass in the course of their lives. Their successive or too rapid changes are almost always followed by sickness, of one kind or another, upon those who have violated the laws of life. Municipal prudence, individual care, and a good constitution, will always diminish the destructive sway of contagion and epidemy. Many proofs shew that the mortality of a city is always in a diminished ratio to the civic virtue, vigor, and intelligence of the inhabitants. In the attacks of the cholera in India, eighty of the natives die to twenty-five Englishmen; and, in this country, the mortality from cholera was always terrible amongst the worst fed and least clean classes.

It is the easiest thing in the world to avoid yellow or other fevers or cholas, provided there is a reasonable amount of vitality in the constitution, and it is maintained with reasonable repair. The rationale of contagion is this: If vitality is totally withdrawn, putrefaction reigns. If the vitality of the body is suddenly or gradually impaired, putrefaction begins. An overtasked mind or body, bad or insufficient or excessive food, deficient or impure air, light, or other elements, on which vitality depends for its support, will, by diminishing the body's support, abandon it to the inroads of putrescency—leave it open to receive the germ of every foreign contagion. Those persons in cities most subject to depression of vital power afford a permanent hot-bed to the habitual contagions of a country, brought hither by the stream of commerce or immigration. The safeguard of a city consists, therefore, in its sewerage, open streets, in the equable condition of its population, in the forethought, morality, and discretion of its individuals, in their adapting their raiment to the alterations of the atmosphere, and their food to the sorts of work they engage in—muscular or intellectual, speculative or executive—and assorted, also, to age, sex, and temperament.

HEALTH OF LONDON DURING THE FIRST WEEK IN SEPTEMBER, 1859.

"Eleven hundred deaths were registered in London in the week that ended on Saturday. The deaths of males were 552, those of females, 548. As regards the total number, the

present return differs little from those of the two previous weeks; and if the mortality produced by epidemic cholera in 1849 and 1854 be excluded from the average of corresponding weeks in the years 1846-55, it will appear that the rate of mortality which now rules approximates to the average rate at this season. As the births registered last week were 1,634, the excess of births over deaths was 534. Diarrhoea continuously decreases; the deaths from it in the week were 124, which is less than half of the number caused by this complaint about three weeks ago. Four deaths are referred to cholera; three of these occurred to infants; the remaining case is returned as follows:—St Margaret, Westminster, in the Workhouse, on the 1st of September, a man, aged forty years, “Asiatic cholera.” He was in the last stage of disease when admitted. At 3, Tysoe Place, Clerkenwell, a coppersmith died on the 20th ult., at the age of 18 years, of “diarrhoea (twenty-eight days), gastro-enteritis (eighteen days).” With reference to the house in which the young man died, the medical attendant remarks:—“There is a cess-pool, apparently under the kitchen, with an untrapped drain in the court, which emits very offensive effluvia, and the whole of the family, with one exception, have suffered from the complaint during the last month.” In two cases of scarlatina, out of the 29 which were fatal in the week, two men, aged respectively thirty-six, and forty-five years, were the sufferers. A child died of tetanus, apparently idiopathic. Last week the births of 827 boys and 807 girls, in all 1,634 children, were registered in London. In the ten corresponding weeks of the years 1846-55 the average number was 1451. At the Royal Observatory, Greenwich, the mean height of the barometer in the week was 29·847 in. The mean daily reading was above 30 in. on Wednesday and Thursday. The highest reading in the week occurred on the former day, and was 30·170. The mean temperature of the week was 57·50, which is 10 below the average of the same week in thirty-eight years, (as determined by Mr. Glaisher). The highest reading occurred on Sunday (31st of August), and was 74°; the lowest was 43·80, and occurred on Wednesday. The highest reading in the sun was 93·50° on Thursday. The mean dew-point temperature was 48·80, and the difference between this and the mean temperature of the air was 8·70. The mean temperature of the water of the Thames was 62·80. The wind blew generally from the east on the last three days. The rain in the week was 0·09 in. It fell heavily on the night of Saturday.



THE CLIMATICAL DISEASES OF THE MONTH OF

OCTOBER.

The Autumn time! the Autumn time!
How softly steals its footsteps on!
How gently fades the summer's prime,
And dims her glories one by one!
The days are bright, and calm, and clear,
It seems yet summer time to me;
But ah! a change is round me here,
In faded flower and crimson tree.

OCTOBER is from the Latin of that name, and is so designated as having been the eighth month from March, the beginning of the Roman year. Our Saxon ancestors called it *Wyn-monath*, i.e., wine month, and *Winter-Fulleth*, a compound word of *winter* and *full*, from the full moon of this month, the winter seeming to take its beginning.

September was made up of consummations: the promises of the spring and summer being verified in the fulness of their performance. Crops have turned out abundant; hope is prevalent; and disease, let us pray, is on the decrease.

The year has reached its grand climacteric, and is fast falling into the "sere and yellow leaf." Every day a flower drops from out the wreath that binds its brow—not to be renewed. Every hour the sun looks more askance upon it, and the winds come to it less fawningly. Every breath shakes down a leafy shower, leaving the blasts of winter a chance to blow through the bare trees. The days are becoming shorter, the mornings and evenings more chilly, giving a prelude to the coming frosts, and the torpor of earth's temporary death. With the fall of the temperature, we have also the equinoctial storms, deluging the land with unwholesome rains. The bowel disorders and fevers of September, produced by a superabundant use of fruit, combined with a considerable variety in the temperature, now give place to a different species of excitement. The cold and chill of this month will prove detrimental to health, just in proportion as the system is vigorous, or the reverse. For example: should a person, who has been reduced by any complaint in September, imprudently

expose himself to the cold and damp of October, he may naturally expect an attack of inflammation in the weakened organ, and which may have an unfavourable termination, should the liver have been much damaged; or the lungs may be the part attacked, in which case he may expect there will be a severe cough during the winter, unless very prompt remedies are administered.

October is to London, and other large cities, what April is to the country. It is the spring of the city summer, when the hopes of the merchant, lawyer, publisher, editor, dramatist, and trader begin to bud; when, tired of doing the amiable to the ladies at watering places, they now put their wits into requisition to do the same politeness to their customers. In fact, the winter of the ruralist's discontent is made glorious summer to the trading citizen by the anticipation of a profitable business. The spirit of trade prevails. Health is now its subordinate. The loftiest sentiments of the soul bend to the imperious love of gain. The guinea receives almost universal homage, and every energy of body and mind is racked in its worship. Hecatombs of debilitated frames attest the sincerity of its worshippers. This, also, is the beginning of the season of strivings after fame, knowledge, and notoriety. Excessive indulgence in political discussions, in religious excitement and emotion, betting, stock or commercial gambling, or other inordinate gratification of the passions, are also frequent about this period, and are productive of the worst kind of maladies. To the most careless medical observer, a morning ride, in car or omnibus, teaches a painful lesson. The spare lines of thought graven on the countenances of some show the wear and tear of the system; the visible anxiety of others tells how their calculations are of economizing time or money; the unnatural, partial, irregular, and excessive state of excitement is betrayed in nearly all by the pallor of countenance, the muscles wasted for *want of natural exercise*, and the nervous system worn out by *excess of unnatural action*. Their vitality is wasted where nature never intended it should be, and the slightest irregularity in their systems produces more than ordinary uneasiness; to relieve which, medical assistance becomes indispensable. Their children, if reared in the city, have neither the sinewy strength nor robust vigour of those born of parents whose muscular vigor and nervous energy are healthily developed and equally expended.

Medical men have great opportunities of judging the degrees of health of not only different classes, but of the different sexes. None pay dearer for their indulgences of a city life than the wives and daughters of our so-called "aristocracy." Governed in servile obedience to that most capricious of all arbitrary monarchs—fashion—they arrive in town from rural recreation, the watering places, or the like, with their system a little braced up; but how long does this last? How soon are the pegs taken down?—plunged into the vortex of fashionable balls, operas, the contaminated air of foul breaths,

gas, smoke of lamps, excitement, late hours, improper clothing and food, the bloom soon vanishes, the vigor subsides, the framework of the machine gives way, and they haul off in the spring to repair damages. But, too often, repair is impossible.

But of all who begin to suffer most, at this season, from a city life, is the poor, the half-employed, and the unemployed. For the varied changes of the temperature, others can command defence and solace; but, to the needy, the season of greatest vicissitudes finds them with even diminished means to meet it. What wonder, therefore, that, under the severe stimulus of want, compelled to put their energies to the utmost strain of exertion, they have recourse to the stimulus of the bottle to recuperate? What wonder that many classes of workers in large cities, who are constantly obliged to put forth their utmost vital power daily, without an abundance of nourishment to supply it, especially in winter, and at the same time exposed to wet and cold, should be visited with epidemics? Wherever is most misery, be sure there is most fever, cholera, and death. And whether this state of things is absolutely necessary or not in our progress towards a higher civilization, one thing is certain, that much of this misery and sickness might be reduced were an enlightened sanitary supervision exercised, and a more fervent Christian charity displayed amongst the classes most in need of it.

The prevailing complaints in October are coughs, colds, rheumatism, and Autumn fevers. These complaints originate generally from simple causes. Severe or oppressive employments, which reduce the tone of the system; exposure to the night air after a warm day sitting in damp rooms, or remaining with wet clothes on; an exposure to an easterly or north-easterly wind, with an insufficiency of clothing; and an exhaustion of the physical powers, either by excess, fatigue, anxiety, or grief, renders the body liable to colds, fevers, and rheumatism. The natural heat of the aged being small, they should be careful, at this season, to prevent its abridgment. The most certain mode of avoiding diseases incident to the season is to be careful against the *vicissitudes*, by the requisite clothing. Woollen stuffs should now be worn to preserve the animal heat of the body. At the same time, this heat should be developed by exercise, nutritious diet, cold bathing, or bodily sponging, and serenity of mind.

The maladies of infancy will be much augmented by cold. Teething and bowel affections will, also, be of common occurrence. As a preventive, everything that is highly stimulating should be withheld from children. Animal food is a stimulant, and ought to be sparingly given. Farinaceous food is the most proper. Parents should learn to comprehend fully the importance of cleanliness, clothing, and the regulating the temperature. Let them endeavour, with their best knowledge, to promote among their children grace, agility, gaiety, and happiness, and they may bid defiance to the seasons.

HEALTH OF LONDON DURING THE THIRD WEEK IN OCTOBER, 1859.

"The deaths in London, which had been in the previous week 1,008 rose in the week, ending Saturday, the 20th of October, to 1,116. The births exceeded the deaths by 684. The deaths by zymotic diseases were 272. Under this head are included nine deaths from smallpox, 56 from measles, 49 from scarlatina, eight from diphtheria, 34 from diarrhœa, and two from cholera. A blacksmith, aged 37 years, died of "cholera (three days)," at 24, Acorn street, Woolwich, and the wife of a mason, aged 43 years, died of "cholera," at 20, Wellington street, Pentonville. Pulmonary diseases, exclusive of phthisis and whooping-cough, were fatal in 211 cases, the corrected average being only 167. Pneumonia was fatal in 103 cases, of which 78 were those of children under two years of age, and 86 persons died from bronchitis. 109 persons died from affections of the brain and nervous system, 46 from diseases of the heart, and 46 from diseases of the digestive organs. Seven infants died from suffocation in bed, and two children from scalds. Four deaths were the consequence of burns. The son of a baker, aged 14 years, died at the Westminster Hospital from burns, the result of falling into a baker's oven. A hatter residing in Piccadilly committed suicide by the inhalation of charcoal fumes. A sailor, aged 32 years, died on board ship in the river Thames from scurvy. A journeyman painter fell a victim to the poisonous effects of lead on the system. A Greenwich pensioner attained the age of 93 years; two widows died, aged respectively 93 and 90 years; and two spinsters, each of them being 90 years of age. The births of 939 boys and 861 girls, in all 1,800 children were registered in London. In the ten corresponding weeks of the years 1850-59 the average number was 1,576.



THE CLIMATICAL DISEASES OF THE MONTH OF

NOVEMBER.

" Like leaves on trees the race of man is found,
Now green in youth, now with'ring on the ground.
Another race the following spring supplies;
They fall successive, and successive rise;
So generations in their course decay,
So flourish these, when those are passed away."

NOVEMBER, like the two preceding months, has its name, without alteration, from the Latin, which was so called, because, reckoning from March, it was the ninth month of the year. The Anglo-Saxons called this month *wind-month*, likewise *blot-month*, or *blood-month*, on account of the abundance of cattle which were killed for the purposes of sacrifices and winter store.

November is noted for its hoarse winds, frequent storms, deluged fields, fogs, heavy dews, and touches of the faded summer. The earth is shorn of its loveliness, and the air saturates the clothes we wear with moisture. Not that moisture alone produces uncomfortable feelings and diseases. Other times of the year are damp, and the air is filled with water; but still we feel as if we disregarded it; and it is not until dreary November approaches that we shiver under the heavy dampness of the atmosphere. The reason of the difference is that moisture without cold is not disagreeable, and cold without moisture is equally innocent; and it is only, perhaps, at the beginning of winter, that wet weather and a cold atmosphere so decidedly meet together.

The winter's frost has not yet arrived; the thermometer keeps many degrees above the freezing point; but is still low enough to produce all the evils which are referred to above. When the cold becomes more intense, the moisture is, as it were, dried up, by being converted into ice; but, in the few weeks which precede this period, a state of atmosphere prevails which is, at least, the most disagreeable to the feelings, of all others, if it be not the most productive of disease.

The constitutions of men have but little power of bearing up against the application to the skin of moisture joined with cold. A dry, cold air invigorates the habit; and warm, damp weather, if not pleasant, is not altogether disagreeable. But when cold and moisture are joined together, as in this month, the sensations are uncomfortable, the spirits fall, the body is relaxed, and none but the strongest constitutions are able to bear it. Hence arises the saying, that "an Englishman hangs himself, and a Frenchman takes a pan of charcoal, in November."

The reason of these phenomena is that the damp and cold of the air joined most readily diminishes the electricity of the body; and, as experiments have proved electricity to be concerned in all the functions of life, we may well conclude that any sudden diminution of this agency would exert an injurious influence on health. Now, the air, when dry, is a very bad conductor of electricity. Hence, in a hard frost, the spirits are light, and we feel as if we could hardly contain ourselves. Even the horses are full of life at such periods. The dullest animals gambol and kick up their legs when the atmosphere is full of electricity. But a damp air conducts the electricity with great facility; and, hence, as the body is thus robbed of its cordial, it falls down inert, inviting cough, asthma, consumption, toothache, tic-doloureux, rheumatism, and a long list of "ills that flesh is heir to." It is really curious to observe the effects of damp weather on the human constitution. Exertion becomes labour, and actual labour sometimes almost impossible; the head reels heavy or aches, and the whole man is unnerved. Such symptoms occur even to healthy persons in crowded cities; while such as labour under disease feel it still more remarkably. Their complaints hang on, and are not relieved by the accustomed remedies. The severer forms of cold are attended by constriction of the chest; the breathing is more difficult; and the effort is apt to produce a stitch or catch in the side, as in pleurisy. Asthmatic persons feel their complaints aggravated, especially those affected with the worst forms of the disease. Fevers of the low kind run into the character of typhus. Acute diseases become more liable to terminate in chronic complaints; whilst the latter are aggravated. Thus it is that a moist and cold atmosphere becomes so detrimental; and, hence, November is generally a dreary month to the invalid, and an uncomfortable one to the robust.

Exercise! exercise! if the diseases of this month are to be kept in abeyance, and health sustained. That is the plan; and he who has withstood the biting winds of March, and taken due exercise in spring and summer, and been temperate in diet, and rational in dress, need have no fear of November fogs or cold. But to those engaged in sedentary employments, who are imprudently clad and fed, and who enjoy little of the sun in summer, this month is a trying one. We advise them to clothe themselves well with such raiment as will keep in the electricity of their bodies; take such food as will fairly

nourish the body ; keep the feet dry ; and seize every glimpse of sun and dry weather to exercise in the open air. Asthmatics ought to be particularly careful as to their diet and clothing ; the first should consist of food easy of digestion, as beef, mutton, domestic fowl, eggs, stale bread, mealy potatoes. All stimulating food or drink is injurious. The clothing should be warm, without being oppressive ; and for this purpose lambs' wool socks, and a chamois beaver vest worn over a calico one, and removed at night, is considered the best safeguard to the debilitated against chest diseases in damp weather. Those subject to low spirits at this season will experience much benefit from wearing silk vests, and drawers ; although flannel is good, so is chamois leather, but for dull spirits, in damp cold weather, neither is equal to silk.

Merchants, Traders, Forwarders, Shareholders, Stock-brokers and Farmers, are generally in a state of excitement at this season of the year. The anxiety to speculate, and make large profits—the great facilities of communication with all parts of the world, are rousing men of every description to tenfold competition, in which they are engaged, so that their whole being is swallowed up in commercial gambling ; so destructive to the peace of mind or health of body. The private gamester trusts to the fall of a die, or the turn of a card ; the man on 'change risks the hazard of the market ; both are withered in the bud of existence. There is good reason to believe that the excitement of the market breaks down numbers, when the electricity of the atmosphere is deficient. The blanched, cadaverous aspect of many business men, at this season, tells a frightful tale of lives that will never ripen. The tenure of life, which depends upon the sum of vitality originally deposited, and the extent of our draughts upon this capital, is too frequently exhausted by untimely expenditures. If, by gaining gold, we lose our health, we labour uselessly. He that sinks his vessel by overloading it, though it be with bullion, loses both ship and cargo.

A writer has justly observed that “the demon of unrest, party zeal, ambition, anxiety, hate, and excesses and irregularities of all kinds, prepare the body for November damps, and

“ *Maladies*

Of ghastly spasms, or racking tortures, qualms.
Of heart sick agony, all feverish kinds,
Convulsions, epilepsies, fierce catarrhs,
Intestine stone, and ulcer, colic pangs,
Demoniac frenzy, moping melancholy,
And moon-struck madness, pining atrophy,
Marasmus, and wide-wasting pestilence,
Dropsies and asthmas, and joint-racking rheums.”

We recommend to our mercantile and professional community, lay and clerical, the Rev. Sydney Smith's account of himself, some few years before his death, and ask if it is not the picture of a wise and

contented man: "I am 74 years old, and being canon of St. Paul's, in London, and a rector of a parish in the country, my time is divided equally between town and country. I am living amidst the best society in the metropolis, am at ease in my circumstances, in tolerable health, a mild whig, a tolerating churchman, and much given to talking, laughing, and noise. I dine with the rich in London, and physic the poor in the country—passing from the saucers of Dives to the sores of Lazarus. I am upon the whole a happy man, have found the world an entertaining world, and am heartily thankful to Providence for the part allotted me in it."

The philosophy of it all is this: health of body and peace of mind are only to be found associated with the *aurea mediocritas*, the golden mean.

HEALTH OF LONDON DURING THE LAST WEEKS OF NOVEMBER, 1859.

An increase in the mortality of London was announced in the last report; another and a considerable advance is apparent in the returns for the week that ended last Saturday. The deaths, which were 1,049, 1,084, and 1,183 successively in the three previous weeks, rose last week to 1,257. When the average number of deaths, as obtained from the weeks corresponding with last week of ten years 1850-59, is corrected with a view to comparison for increase of population, it is found to be 1,376. Hence the actual number of deaths was less than that obtained by calculation by 119. Cold weather and scarlatina raised the deaths in the corresponding week of 1858 (when the mean temperature of the air was 37·4 deg., or 2·3 deg. below that of last week) to 1,802, and therefore assisted to swell the average with which the present return is now compared.

In reviewing the results of the last two weeks it appears that the deaths by small-pox, rose from 3 to 10, four of which occurred in the Small-pox Hospital; those by diphtheria from 12 to 17; those by phthisis (or consumption) from 156 to 168; those by bronchitis were 138 and 137; and those by pneumonia increased from 109 to 124. The total number of persons who died at 60 years of age and upwards rose from 224 to 275. It should be observed further that the increase of the mortality of last week on that of the previous return arose in the eastern and still more in the southern group of districts, the other divisions either showing hardly any increase or an actual decrease. Or, to take a few districts in all parts of the metropolis, the deaths in Westminster rose from 28 to 42, in Pancras from 71 to 92, in Shoreditch from 50 to 67, in St. Saviour, Southwark, from 15 to 22, in Newington from 28 to 46, in Camberwell from 22 to 31, and in Greenwich from 36 to 67.

Six children, viz., the daughter of a bricklayer, aged 6 years; the daughter of a labourer, aged 5 years; the daughter of a dockyard labourer, 4 years; the daughter of a policeman, 8 years; the son of a messenger, 6 years, and another child, 3 years, all died by burns received from their clothes taking fire. Five children were suffocated in bed. A child died from the foul atmosphere of its apartment, an infant from an overdose of opium, a bedstead maker from want and exposure, and a child was poisoned by foul drainage in Vincent street, Hoxton New Town. A domestic servant, aged 72 years, who is said to have spent £140 in intoxicating liquors in fifteen months, fell a victim to her wretched improvidence, and her death, which was "sudden, from congestion of the brain," is included in the present return. Of 8 nonagenarians two had attained the age of 95 years, and one 98.

Last week the births of 926 boys and 887 girls, in all 1,813 children, were registered in London. In the ten corresponding weeks of the years 1850-59 the average number was 1,581.

THE CLIMATICAL DISEASES OF THE MONTH OF

DECEMBER.

"December raves; the northern blasts that blow,
In icy chains have bound each wanton flood,
Rills hush their murmurs, streamlets cease to flow
And into stone congealed the river stood;
While deep the sprinkled snow had sown the ground,
And in its robe of white clad all the landscape round."

HAIL, Winter, that travellest out of the frozen north! Hail, December, thou month of darkness and cold! yet thou art joyful, for thou bringest Christmas, that social time. Well, let it come, and we will adopt the old maxim, "be happy while we may;" but take prudence for our guide, and then we shall not, like poor Burns, rue it afterwards. He was too much of the true poet to study personal comfort, and suffered accordingly from the visits of all kinds of friends, of whom he says,

"Whiskey devils and bogles fly me,
Glow'ring by the Halloween;
Sair I fight them at the door,
An aye I'm eerie they come ben."

If, therefore, my readers, you would be safe from such morning visitors, follow our advice on diet, though we will on the present occasion, allow you a little more wine and ale than at Midsummer. It very frequently happens, that early in December the frost sets in, and continues with much severity. The healthy will laugh, buckle on their skates, and take up their guns, and the valetudinarian will declare he has lost his headache, the nervous feel invigorated, aye, even such as suffer under acute diseases, will respond to the improved state of the weather. The transition is often wonderful; a physician, for instance, may see a number of patients to-day, who complain of the damp and fog, and of the inefficacy of his advice and remedies, and, behold, to-morrow he finds them convalescent. These beneficial results, do not, however, always take place; very frequently we have the reverse of this. Such as have been recovering slowly from acute diseases are instantly sensible of the frost, and an ailment which, had

the weather continued mild, would have passed off quietly, is speedily converted into an active inflammatory disease.

Bear in mind, that we have shown that three fourths of the disorders to which the body is liable, in this country, originate in, or are caused by, *Aerial Transitions*; therefore, at this season, we cannot be too much on our guard against this source of danger. We have pointed out the principal defence against these atmospherical changes to be, in the adaptation of our food, drink, exercise, clothing, and bathing, to the season.

If the natural state of our atmosphere be variable, our own customs, our own follies, or the imperious necessities of civilized life, give tenfold force to its attacks upon our health and constitution. It is not on the husbandman or the sailor, who are so much exposed to the conflicting elements, that these malignant influences fall. It is on the delicate female, the pale mechanic, and the sedentary artist, who add artificial to natural extremes, flying from one to the other—who writhe under the effects of this imprudence, and then rail against the climate as the cause of all their miseries!

In the crowded ball room, theatre, &c., heated to a tropical temperature, the sensitive belle and effeminate beaux, exercise to the extreme of exhaustion, and in this state rush fearlessly forth, under the gloomy skies of a hyperborean night. The ghastly train of consumptions which annually follow this imprudent conduct, have no premonitory effect in preventing a repetition of it. Youth ever has been, and ever will be, prodigal of life; and while the sick bed and the tomb lie masked under the seductive features of the theatre, concert, ball rooms, and drawing rooms, they will continue to be thickly tenanted by premature decay, and self-destroyed beauty—that is, by indirect suicides.

Against the effects of these nocturnal exposures, which society will not avoid, we can only propose such checks as a knowledge of the animal economy suggests, and leave it for those who may wish to prolong life, to profit thereby.

There are five circumstances to be attended to when we are exposed to the night air, under the above or similar circumstances, viz.: the condition of the body before going out; the defence of its surface while exposed; the defence of the lungs; the exercise on the way; conduct to be observed on getting home.

First.—The condition of the body, before going out, ought to be as warm as possible, short of perspiration. Many lives are lost annually by the ill-judged caution of lingering about the halls and doors of heated apartments, until the body is cool, before venturing into the air. In this state it is highly susceptible to the evil influences of night air. It would be better to issue forth, with some perspiration on the surface, than to wait for the system to become chilled. The greater degree of animal heat in which we are, on going first into the night air, the less injury shall we sustain from it.

Secondly.—As this injury is received through the medium of the skin and lungs, it is quite evident that the safeguard of the former is appropriate clothing, such as woollen, silk or cotton, which are bad conductors of heat and electricity.

Thirdly.—The defence of the lungs themselves are strangely overlooked, though it requires but a moment's reflection to be convinced of the vast importance of this consideration. In the space of a minute, the delicate structure of the lungs is exposed to an atmospheric transition of, perhaps, 30 or 40 degrees, from the overheated room to the freezing midnight blast. Is it not strange that we should be so very solicitous about heaping fold over fold on the body, while we leave the extended surface of the lungs completely exposed? Is it not still more strange that this should be forgotten, when daily observations show, that the lungs are the organs which, nine times out ten, suffer by these exposures?

Before going into the night air, under such circumstances, a respirator, or a comforter, should be folded loosely over the mouth, to receive a portion of caloric from the breath at each expiration, which portion will communicate to the current of air rushing into the lungs at each inspiration, and thus a frigid nocturnal atmosphere is, in a considerable degree, obviated.

Fourthly.—As we proceed into the night air, while the body is warm, we should, by a quick pace, endeavour to keep up that degree of animal heat, with which we set out, and that determination to the surface which is so effectual in preventing affections of any internal organ.

Lastly.—As the sudden transition, from a heated apartment to a frigid atmosphere must, in some degree, produce a determination to the centre, and more or less check the perspiratory process, some warm and moderately-stimulating drink should be taken before going to bed, such as a glass of composition wine, or of stomach bitters, in order that the functions of the skin, and the balance of the circulation may be restored.

Atmospherical transitions being guarded against, other peculiarities of the air, unfavourable to health, as has been shown, will be easily avoided, with the exception of easterly winds, which possess a powerful influence on the human frame, both mental and corporeal. There is something in an easterly wind, independent of its temperature, which obstructs the free and regular performance of the animal functions, and particularly those of the skin, for invalids suffer from its effects in rooms, where the temperature is regulated by a thermometer, nearly as much as though they were in the open air. As the wind alluded to acts principally by confining the secretions of the skin, in the first instance, we can obviate its effects by such means as tend to restore them, which are, principally, diluting drinks, the warm bath, exercise, and clothing.

On many constitutions, and particularly on those of a nervous temperament, certain barometrical changes in the atmosphere have a remarkable effect. Thus when we have a southerly wind, and a storm impending, a sense of sinking, weakness, tremor and dejection is often felt, so much so, that they are quite miserable until the equilibrium of the atmosphere is restored, when all these morbid feelings vanish.

By the observer, and sometimes by medical men, these miserable feelings are laughed at as vaporish or imaginary, when they are real physical effects, resulting from a sudden diminution of pressure in the air that surrounds us. In such cases, rest is required, with some cordial drink and generous diet for their relief; for it is impossible to remove them entirely until their cause ceases to exist.

As coughs and colds are very troublesome at this season, we recommend our readers to apply a warm aromatic plaister between the shoulders, as soon as the cough makes its attack. Pleurisy is a frequent malady at this season, and the moment it is felt approaching it should be attended to, as if left to obtain a footing, inflammation of the lungs is frequently an attendant. Surgeons always prescribe copious blood-letting for pleurisy; they tell you it cannot be cured without; this is not true. *They may* not know a remedy, but it can be cured without draining away the life's blood. Bleeding is a remedy for no disease, and is required for none; but bleeding pays well, and when they have knocked the patient down by the lancet, they know he must have plenty of physic to get him round again.

After the Saxons had received Christianity, they, out of devotion to the birth of Christ, termed December *Heligh-monath*, that is to say, Holy Month. Sayers says that they called it *Midwinter-monath*, *Guil-erra*, which means the first or former. *Guil*, now corrupted *Yule*, was the feast of Thor, celebrated at the winter solstice, and so called from *Tol-Ol*, which means *All*.

HEALTH OF LONDON DURING THE LAST WEEK IN DECEMBER, 1860.

"The late severe weather has not failed to produce its usual effect in an augmented rate of mortality, though the increase shown as yet by the returns is not of formidable amount. The deaths in London, which were 1,208 and 1,269 respectively in the two previous weeks rose in the last week of the year to 1,407. The average number of deaths, as obtained from returns of the fifty-second week in each of the last ten years, 1850-59, and corrected for increase of population, is 1,625. The deaths of last week were therefore more than a hundred below the estimated amount.

In December of 1859 there were two cold weeks, the second and third; in the fourth week, when the mean temperature of the air was as high as 45.3 deg., the deaths rose to 1,677. In the December of 1860 the last two weeks have been distinguished by the coldness of the weather, which has now relaxed, but may still be followed, as in 1859, by an increased number of deaths. In December, 1859, the lowest point attained by the thermometer at Greenwich was 14 deg. on the 19th; the lowest point in the period that has now elapsed was 8 deg. on Christmas day; the next lowest was 10 deg. on Saturday, the 29th.

The deaths from pulmonary diseases, exclusive of phthisis, were in the previous week 270; last week they were 348. For the ten weeks (of 1850-59) corresponding with last week the average number after correction for increase of population is 325. In the last two weeks the deaths by bronchitis rose from 146 to 217; those by pneumonia from 89 to 95; those by phthisis from 136 to 171. Scarlatina was fatal last week in 45 cases, 4 of which occurred in the west sub-district of Islington. Measles was fatal in 49 cases, of which 4 occurred in the south sub-district of St. Giles, 3 in the Goswell Street sub-district. There were 7 deaths from syphilis, 4 from intemperance. Thirteen persons, of whom 12 were children, died by burns and scalds; of these, two children, one the son of a lamplighter, the other that of a railway labourer, were burnt by their clothes taking fire. The son of a shoemaker, aged 3 years, was scalded fatally by drinking water from a kettle. A Chelsea pensioner, aged 70 years, was suffocated by the impaction of meat in the trachea. Seven nonagenarians died in the week, of whom 5 were women.

Last week the births of 734 boys and 754 girls—in all, 1,488 children—were registered in London. In the ten corresponding weeks of the years 1850-59 the average number was 1,655.

At the Royal Observatory, Greenwich, the mean height of the barometer in the week was 29·540 in. The readings rose from 29·18 in. on Tuesday, to 30·23 in. on Saturday. The mean temperature of the air in the week was 25·9 deg., which is 11 deg. below the average of the same week in 43 years (as determined by Mr. Glashier). The mean daily temperature was below the average throughout the week, and on four days it was from 11 deg. to 16 deg. below the average. The highest point attained in the week by a thermometer in the shade was 35 deg. on Wednesday and Friday. The lowest points were 8 deg. and 10 deg. on Tuesday and Saturday respectively. The range of temperature in the week was therefore 27 deg. The mean daily range was 12·9 deg. A thermometer on the grass fell to 2 deg. on Tuesday. The difference between the mean dew-point temperature and air temperature was 6·9 deg. The mean degree of humidity was 74, complete saturation being represented by 100. On Saturday the humidity was only 61. Melted snow in the week measured 0·28 in. The minimum temperature, 8 deg., took place at seven o'clock on the morning of Christmas. After 12 o'clock, p.m., on Saturday, a rapid thaw set in."





PART II.

The Invalid's Medical Companion and Clinical Adviser.

IN the early ages of the world, before society became so highly artificial, learned physicians and poisonous drugs were almost unknown; the latter were never administered with the idea of relieving sickness. The most simple and primitive race of men, and yet the most healthy, that this age is acquainted with, are the American Indians, and they have no drugs nor any eminent physicians; yet travellers tell us they have little sickness amongst them, and are excellent doctors, being able to cure all forms of disease by simple preparations of herbs.

It may be argued that the congregation of vast multitudes of people in our houses of industry has a tendency to increase the producing causes of disease. To this we answer that the increase of physicians, doctors, surgeons, and druggists, together with the improvements made in the arts and sciences, and the extensive practical application of these things and professions, *ought* to constitute a *counter balance*; but do they? Let the following facts answer:

First.—Out of one thousand children born in London, only 592 remain alive at the end of five years; in Birmingham, only 518; in Leeds, only 520; in Manchester, only 490; and in Liverpool, only 470.—*Report of Registrar General.*

Second.—"One hundred thousand persons die annually in England of preventable diseases, and 80,000 of the three following incurable diseases: viz., 5,500 of cancer; 9,800 of dropsy; and 60,000 of tubercular diseases (consumption)."

Third.—"The number of licensed medical men in England is estimated at 20,000; the number of druggists, 30,000." Millions are annually expended in teaching medicine, and millions more in supporting her public hospitals and private medical institutions; and yet, for all this, "the people do not live out half their days."

In reporting upon the hygienic and therapeutic condition of the nation, the Registrar-General makes the following pointed remarks:

"Within the shores of these realms, 28,000,000 of people dwell, who have not only supplied her armies and set her fleets in motion, but have manufactured innumerable products, and are employed in the investigation of scientific truths, and the erection of works of inestimable value to the human race. These people do not live out half their days: 140,000 of them die every year unnatural deaths."

He then asks the following questions: "Who will deliver the nation from these terrible enemies? Who will confer upon the inhabitants of the United Kingdom the blessings of health and long life? His conquests would be wrought neither by wrong nor human slaughter; but by the application of the powers of nature to the improvement of mankind." "Who will deliver the nation from these terrible enemies? Who?"

The aggregate, or 28,000,000, is made up of units, of which each unit is a part: the government and people of all classes, therefore, which compose the nation, can only be moved as "units." He who redeems himself redeems his country! **THE TRUTH HAS MADE HIM FREE!!!**

When the Anglo-Saxon race was yet in a primitive state, the medicinal properties of herbs and roots were household words; then, in this country, disease was as little known, and as easily expelled, as it now is amongst the aborigines of America!

The human constitution, as the constitution of every other organized being, possesses within itself the principle to maintain its own health; and disease is occasioned by violation or neglect of its laws.

The life, vigour, and activity of the human organization being dependent upon the possession and maintenance throughout the whole physical economy, of that due proportion of caloric or heat which is peculiar to it: it follows as a natural consequence that a loss of heat, or a disproportionate development or distribution of it, is attended by partial torpidity, undue excitability, disorder or disease of one or more of the functions of the body—the perfect performance of which is absolutely necessary to perfect health. The body being

diseased, from whatever cause, the circulation of the blood, upon which the development of animal heat, and the repair and growth of the physical powers of the body depend, becomes impeded, obstructed, or disproportioned, and until an equalized circulation is restored, no hopes of a cure can reasonably be entertained ; so then, in our attempts to restore health, our first efforts should be directed to equalizing the circulation, which will secure an equalized development of animal heat, a ready removal of the effete or decayed material from the various tissues of the body, and a deposit of new and healthy matter in its place, which process is the only one by which disease can be removed, and the health, vigour, and vitality of the body regained and maintained.

To effect this desideratum, we select from the *materia medica* of nature,—from those vegetable chemical compounds, whose perfect formations defy the ingenuity of man to imitate, or the capacity of man to conceive,—such articles or other means as are known to stimulate, without injury, the actions of the heart, lungs and skin, upon which depend the oxidization, purification, and force of circulation of the blood ; these are pure vegetable stimulants ; steam or vapour baths, and other warm applications applied to the whole or to a portion of the surface of the body as the case may require.

The body having been relieved from the obstructing matters that arrested the workings of the machinery, our next object is to restore the appetite of the invalid, and the tone of the powers of digestion and assimilation ; that by the conversion of wholesome food, by the natural process, into new blood, flesh and bone, the strength, vigor, and power of the system may be regained.

The animal economy can only assimilate organized matter to its own substance, then how can mineral medicine be of service to it ? Is it philosophical or reasonable that the beings that depend on organized vegetables for sustenance and support, should, when they are weakly and sick, dive into the bowels of the earth, for poisonous mineral substances to restore their health and strength ?

Medical Botany declares, as the basis of its principles, that where the food is found, there is also found the medicine ; that every curable disease that flesh is heir to may be expelled by botanical medicines, and that where there is sufficient vital power left within the system, to build upon, by a return to obedience of the laws of health and of the constitution, a cure may be effected, and permanent health established.

✓CATARRH—COMMON COLD.

In this variable climate, catarrh or common cold, is almost an every day occurrence, and although cold in itself is but a simple ailment, nevertheless, with those persons who are delicately constituted, or who have suffered much from previous disease, it is not so trifling a matter as many suppose. Nor is there any form of disease fraught with greater danger than "common cold," when neglected or badly treated.*

"O, it's only a cold," is an expression that has sent thousands to an untimely grave. "Quite in the fashion," is another remark frequently made by thoughtless persons when suffering from a cold. "The fashion indeed;" a very dangerous fashion to indulge in, and one we would advise you to get out of, with all possible speed, or you will—when it

* "Aye Maester," said an old Yorkshire woman, who came to our establishment for some *Composition Powder*, "Ah sud a lost my aud man years sin if ah hedent a docter'd im myseln. Aye! an ah cud a cured t' Prince, tue, if they ud ed me tul a docter'd im." Such was the old lady's honest opinion, and without the least reserve she honestly expressed it. We did no more than quietly ask her in what way she would have cured him. "Wha, d'ye see, Maester, its just here; t'Prince, so t'paeper sed, hed taen a varre bad cowl, as ma owd man hed dun mony a toime; wel, d'ye see, ah sud a puton t'ote brick tul his feet and geed him plenty o'tcompozittun tea, til he'd sweaten weel, an if e wasent reight it mornin ah sud geed im t'*Lobelia emetic*, more composition tea, an t'ote brick agean, for ya see it wor nobbut a cowl as t'Prince ed gotton. Lor, bless ya, ah sud a thow't now't on't." Such was the old lady's view of the matter. Our readers will note, however, that the Prince died of "gastric fever," so the last bulletin issued by the four greatest physicians in the world (his medical attendants), told us. Well, and what is "gastric fever?" It simply means an inflammation of the stomach, attended with fever, as if there could possibly be inflammation upon any of the internal organs without fever. But why was inflammation of the stomach or gastric fever the cause of the Prince's death, or why was it there at all? The question is easily answered. A cold neglected or improperly treated necessarily leads to inflammation and fever. Our honest opinion is that the Prince died of a cold, that is to say, a cold improperly treated, and that had our "old Yorkshire woman" had the management of the case he might still have been alive. We say this advisedly and sincerely, and if necessary we would add, "so help our God" to it.—*Dr. Skelton.*

is too late—repent of your folly. What is the result of this fashionable disease—common cold—when not promptly relieved. Ask a person almost raving with tooth-ache, or nearly mad with tic-doloureux, “How did you come by your ‘tic,’ friend?” “Oh,” he will say, “I was foolish enough to sit in a draught of cold air when in a state of perspiration, and have caught a violent cold.” Another is suffering from a dangerous attack of inflammation of the lungs; ask him, or the poor fellow who has for 10 or 12 weeks been confined to his bed with the rheumatic fever, unable to move a limb, and he will, with sorrowful expression, exclaim that at the commencement it was “only a cold,” which he neglected. But another picture attracts our attention, and we inquire, “Who is this pale, faded beauty, with drooping head and downcast look, languishing on that bed of pain; with

“Her eyes
Dissolving with a feverish glow of light,
And on
Her cheek, a rosey tint, as if the tip
Of beauty’s finger faintly pressed them:
Alas! Consumption is her name.”

And from whence cometh this fearful enemy, “that layeth low the fairest and loveliest of our species,” “while blithely bounding from the starting-post of life,” and we receive in answer, “common cold, received as the consequence attendant upon nocturnal indulgences at theatres, ball rooms, and parties,” also from getting wet feet, wearing damp linen, sudden atmospheric changes, &c.

Symptoms.—A person suffering from a cold, generally complains of chills running down the back, pain in the loins, stuffing in the head and nose, feverishness, oppression of the chest, unusual weariness, restless nights, often sneezing, cough, &c.

Treatment.—“A stitch in time saves nine,” is an old adage, quite applicable to the present case. From whatever type or form of disease a person may be suffering under, it is always the wisest course to meet it in the pass, for it is then, not only the easiest to remove, but there is likewise a great amount of saving in “time, trouble, anxiety, pain, and expense.” We, therefore, recommend all who suffer from common cold, to commence at once by making a strong decoction of *Angelica*, *Yarrow*, and *Vervain*, each one ounce: *Composition*, half an ounce, simmered altogether in three pints of boiling water, for 5 or 10 minutes, strain, sweeten with honey or treacle. Set it beside the fire to keep warm, and take a small teacupful every hour. At the same time have a hot brick, wrapped in a cloth, saturated with vinegar and water, applied to the feet in bed, tie up the head in flannel, continue the tea until free perspiration takes place, which must be kept up for 5 or 6 hours, by which time, in all probability, the obstruction will be entirely removed; now remove the wet clothes, wash all over with cold vinegar and water, wipe dry with a coarse cloth, put on dry linen, take a little warm gruel, and return to bed for a few hours

more, and all will be well. If the bowels are costive, they may be relieved by taking a few doses of the FAMILY APERIENT PILLS, and if any debility is experienced, take occasionally, for a few days, a little *Stomach Bitters' Cordial*.

Now what is the intention or purpose of all this steaming, sweating, hot bricks, tying-up heads, scrubbing, brushing, and washing? Cold, we have already said, is an obstruction produced by the closing of the pores of the skin, of which there are, according to physiologists, upwards of 40,000 to every square inch of surface, and through which there should pass, when in a state of health, not less than five-eighths of what we eat and drink. Is it not self-evident then, that if these natural outlets become obstructed, the effete, or worn-out matter must be retained in the system, in consequence of which a preternatural degree of heat is engendered in the capillary vessels, producing all those abnormal symptoms experienced in common cold, inflammation, fever, rheumatism, consumption, &c.; and we ask the reader, is it not most philosophical, nay, is it not acting most in accordance with the dictates of common sense, to remove the obstruction at once, by equalizing the circulation of the blood, restoring the functions of the capillary system, and thus enabling the morbid secretions to escape through the emunctories of the skin, which nature has established for the purpose of purification, and the preservation of health. We challenge the whole *Fraternity of Medicine*, be they of whatever "ism," "ic," or "path" they may, to remove common cold, inflammation or fever, with all their attendant symptoms, by a more expeditious, safe, and effectual mode of treatment than the one we have laid down. We do not presume that the same identical remedies must be employed in every case—because we know there are many articles that may be used for the same purpose, and with equal benefit,—but we contend that the same indications must be accomplished in order to ensure a speedy and successful issue.

✓ TUSSIS EPIDEMICUS—INFLUENZA.

Between this form of disease and the foregoing there is but little difference, excepting that influenza is more severe in all its symptoms, and usually appears as an epidemic, affecting a great number of persons of a certain district about the same time. We have one account of 40,000 persons at St. Petersburg being attacked with influenza in one night. It usually commences with the symptoms of an ordinary cold, accompanied with great depression of spirits and extreme debility, running of the eyes and nose, hoarse cough, expectoration of frothy phlegm, sneezing, &c.

Treatment.—It should be treated as common cold, but perseveringly followed up, and if it proves obstinate, have a vapour bath, and take an emetic of *Lobelia*, which should be followed by tonic medicines.

FEBRIS—FEVERS IN GENERAL.

From the earliest period in the history of medicine down to the present time, the greatest differences of opinion and misunderstanding has existed among the professors of medicine, regarding the *nature, cause, and treatment* of the various forms of fever; and of all the diseases that assail the family of man, there is, perhaps, none that has swept off more victims to an untimely grave. Sydenham says, "That nine-tenths of all the human race die of it, either as a primary or secondary affection," and Dr. Gregory declares that "fever is more to be dreaded than all other forms of disease put together." Indeed, fever has been considered almost incomprehensible.

"From a retrospective glance at the history of our science," says Dr. Donaldson, in his *New Theory and Practice of Fevers*, "we are forced to acknowledge that there is, perhaps, no subject which is more eminently calculated to humble the pride of human reason than this one; for, in relation to this subject especially, pathology has been in a continued state of revolution and instability. The human mind has been engaged with this subject for near three thousand years; theories have risen and sunk again in a continued and rapid state of succession; each has had its hour 'to strut upon the stage,' and its votaries to yield it faith; but the stream of time has hitherto overturned all these unsubstantial, though often highly-wrought fabrics.

"In fact, no physican whose works I have read, no professor of medicine whom I have heard speak on the nature of diseases, has ever discovered, or even hinted at, the nature and cause of fevers; all have delivered theories which amount to open acknowledgment of their ignorance of it, or have candidly professed the universal ignorance of all physicians in the world, of the former and present times, respecting the nature of these diseases.

"I observed the plan of cure followed by the East Indians in fevers; I saw the practitioners cure the most vehement cases of intermittent fevers in the space of a single day, with such mathematical precision and certainty as I never beheld in any region of the earth—by *purging, vomiting, sweating, &c.*"

"The causes which have conspired to cover with uncertainty the treatment of fever, and to arm the faculty against each other," says Dr Robinson, "are,

"*First.*—The symptoms of fever are mistaken, and one disease, or stage, or state, or class, is treated for another, and the physicians declare that symptoms are so often blended, complex, and proteiformed and fashioned, that it is impossible to comprehend them.

"*Second.*—Nosology, or the mournful and dreary list of the names of *thirteen hundred and eighty-seven* diseases, so difficult to be understood, to be remembered, or distinguished.

"*Third.*—Theories constructed on false principles mislead the physician; and direct him to the use of wrong medicines; for *false theories will always make false practices.*

"*Fourth.*—Errors in judgment, from misunderstanding the remote, the exciting, or proximate cause of disease, destroys the certainty of practice, and *brings death to the patient.*

"*Fifth.*—Medicines used in the cure of fever of the most dangerous nature, poisons of the rankest dye and most fatal tendency, are often the cause of sudden death, and destroy, or ought to destroy, all confidence in the established practice. It is, in truth, like running the gauntlet amongst armed Indians, or red-hot ploughshares, to *escape from the poisons of medical practice.*"

Fever is divided by medical writers into about fifty kinds, of which the inflammatory, bilious, scarlet, nervous, hectic, intermittent, typhus, putrid and spotted, or malignant, are the most prevalent. If the reader will carefully read our remarks on common cold, page 52, and also turn to the chapters on the diseases of the months, he will there discover the true cause of fever in its various forms, fully set forth.

"The universal cause of fever," says Dr. Thomas, "is the application of cold to the body, giving a check to perspiration." The celebrated Boerhaave, speaking of the general symptoms of fever, said that he "found only three, viz., chilliness at the beginning, preternatural heat upon the surface of the body, and a quick and frequent pulse." "The immediate cause of fever," says Dr. Skelton, "is, undoubtedly, obstruction." The body, as we have already observed, when surrounded by vitiated circumstances, is "necessarily predisposed to fever;" and when obstruction takes place, the *carbon, consumed matter, confined serum*, or whatever name you choose to give it, is choked up within the body. The heat, therefore, instead of being thrown off with the poison, is confined, hence the fever; or, in other words, the *obstructed heat and poisonous condition* of the blood *consume the body, and destroy the life*, by inducing putrefaction."

Symptoms.—An attack of ordinary fever is most commonly announced by languor, debility and great prostration, a sense of cold is experienced, as if cold water was running down the course of the spine. The mind is confused, restless, and forgetful; there is loss of appetite, pain in the head, hot, dry skin, furred tongue, thirst, nausea, and sometimes vomiting, disturbed sleep, and frequent delirium, alternate chills, and burning heat, strong, hard pulse, scanty high-colored urine, weariness, yawning and stretching, anxiety of mind, and violent pains in the back.

The most fatal form of fever, however, is that known by the name of *Typhus Gravior, Putrid, Spotted, or Malignant Fever*, and is thus described by Hooper: "At the onset of this fever, the patient is seized with dejection of spirits, extreme depression of strength, and pains in the back and head; the eyes appear full, heavy, yellowish, and often a little inflamed; the tongue is covered with a brownish

mucus, and soon becomes dry and parched; there is oppression of the heart, anxiety, sighing, and mourning; the tongue, lips, and teeth are covered with a brown and blackish fur; the speech becomes inarticulate, scarcely intelligible; the patient mutters, and is delirious. The fever continuing to increase, the breath becomes highly offensive; the urine deposits a black and fetid sediment; the stools are dark, offensive, and pass off insensibly; blood often issues from the gums; nostrils, and other parts of the body; vibices appear on the surface; the pulse intermits and sinks; the extremities grow cold. [The patient catches at imaginary objects, picks the bedclothing;] hiccough ensues; and then follows death. When *typhus* does not terminate fatally, it begins to diminish about the fourteenth day, and goes off gradually without any evident crisis. *It is not uncommon, however, for sleep and perspiration to announce a favorable change*"

Treatment.—Hippocrates says, "fever is a sanative effort of nature, exerted to expel morbid matter from the system." A theory which we readily endorse, it being in perfect accordance with our views and teachings. Therefore, let the patient be immediately placed in a vapor bath, made in the following manner:

V A P O U R B A T H .

Take two red hot bricks, put them on their narrow sides into a shallow tin pan, or other convenient vessel; place the vessel containing the hot bricks under a chair in which the patient is sitting, (divested of clothes,) enveloped, excepting the face, in a blanket or rug, sufficiently large enough to fall in ample folds upon the floor on all sides, to *exclude the air*; raise a portion of the blanket at the bottom, and pour boiling water from a tea-kettle down the sides of the vessel, until it rises half-way up the bricks; let down the blanket again, and immediately an immense steam will arise, and envelope the whole of the body. Now give a cupful of strong hot tea of *Angelica*, *Yarrow*, *Vervain*, and *Composition*, prepared as for common cold, see page 53. This should be repeated every five minutes. If the patient is a little fainting, which is sometimes the case, wipe the face with vinegar and water, and should the steam at any time be too hot, lift up a corner of the blanket, and a rush of cool air will at once relieve him. The patient should remain in the bath ten, fifteen, or twenty minutes, or until the perspiration flows freely from the face and forehead, when the blanket may be removed, and the whole body quickly washed over with equal parts of cold vinegar and water, and well dried with a coarse cloth, and then put to bed, between blankets. To continue the perspiration, put a hot brick, wrapped in a cloth wet with vinegar and water, to the feet, and give occasionally a cupful of the tea as before.

In severe cases it will be necessary to keep up gentle perspiration for a few days, for this purpose the hot brick must be

occasionally changed, and the tea continued in wine-glassful doses every two or three hours. The fever will be much more speedily broken up, by taking an *Emetic of Lobelia*, prepared in the following manner :

LOBELIA EMETIC.

℞	<i>Lobelia Seed</i> , pulverised	¼ ounce.
	<i>Lobelia Herb</i> , pulverised	¼ ounce.
	<i>Composition Powder</i>	¼ ounce.

Steep in one and a quarter pints of boiling water, sweeten with sugar, allow it to settle, and take a wine-glassful of the clear tea every ten minutes, until vomiting freely ensues. Take copious draughts of warm *Composition* or *Chamomile Tea*, and more of the *Emetic*, if needful, until the stomach is thoroughly cleansed. A little warm plain gruel may then be taken, and the patient allowed to rest and sleep. The *Emetic* should be repeated every day or two, as the strength of the patient will admit, until the disease is entirely removed.

In typhoid forms of fever it will be advisable to sustain the powers of nature from the very commencement of the disease. The stomach and bowels having been thoroughly cleansed, administer gentle stimulating diaphoretic and tonic medicines, of which the *Gelseminum*, *Veratrum Viride*, *Asclepias Tuberosa*, *Peruvian Bark*, *Quinine* and *Salacin*, should take the precedence. Beef tea, mutton broth, and chicken broth should likewise be given. If the arterial circulation runs very high, give the following mixture :

℞	<i>Tincture Gelseminum Semp.</i>	2 drams.
	<i>Sulphate of Quinine</i>	8 grains.
	<i>Tincture Capsicum</i>	8 drops.
	<i>Syrup of Ginger</i>	1 ounce.

Dose.—Two tea spoonfuls every two hours, until the pulse is considerably reduced, and the patient perspires. Instead of the above, the *Tincture of Veratrum Viride* may be given in doses of from three to five drops, in mucilage of *Gum Arabic*, every three hours. "This will so control the action of the heart, and equalize the circulation of the blood, that it will disarm the disease of its power." The *Veratrum Viride* must not, however, be pushed too far. It has great power over the heart's action, and therefore requires to be watched. From 3 to 5 drops, every three hours, is generally sufficient to control the circulation. If sickness or purging follow, it must be left off, and the *Gelseminum* used in its place.

Speaking of *Gelseminum* in fevers, Dr. Miller, of America, says:—"I am perfectly satisfied that *Gelseminum* will cut short typhoid fever, when given early in the disease. In typhoid pneumonia, it relieved a patient of all typhoid symptoms, leaving a simple pneumonia, and that was cured in two days, by the use of five drops of *Tincture of*

Veratrum Viride, once in three hours, "combined with *Quinine*, it (*Gelseminum*) will cut short typhoid fever, even when of *ten days' standing*." "In the asthenic forms of fever," says Dr. Gill, "When the pulse is one hundred and thirty, I have often given forty drops of the tincture (*Gelseminum*), with three grains of *Quinine*, every three hours, and usually find the patient in a profuse perspiration, and the pulse reduced to seventy-five in from eight to twelve hours." If looseness prevails, and much putrescency exists, give a teaspoonful each, of *brewer's yeast and refined charcoal*, in sweetened water occasionally, and one grain each, *Leptandrin* and *Geranin*, in ten grains of *Sugar of Milk*, every three hours, until the stools have a more natural appearance. After the disease is subdued, the patient should take *Tonic Bitters* occasionally for a few weeks, and abstain from beer, fat meats, cheese, and hard indigestible substances.

✓BILIOUS FEVER.

This form of fever is most prevalent during the autumn, after a wet summer, especially in marshy districts. It is characterised by yellowishness of the eyes, bitter taste in the mouth, pain in the back, loss of appetite, nausea, vomiting, and fever.

Treatment.—Administer a *Lobelia Emetic* to cleanse the stomach, and relieve the bowels with the *Compound Podophylin Granules*; after which prepare the following mixture, and take a teaspoonful in a little water, three or four times a day :

℞	<i>Fluid Extract Berberis Vulgare</i>	$\frac{1}{2}$ oz.
	" " <i>Hydrastis Canadensis</i>	$\frac{1}{2}$ oz.
	" " <i>Cort Cinchonia</i>	$\frac{1}{2}$ oz.
	" " <i>Podophylin Peltatum</i>	$\frac{1}{4}$ oz. Mix.

✓INTERMITTENT FEVER, OR AGUE.

The paroxysms of this disease consist of three stages, viz.: first, the hot fit; second, the cold or shaking fit; and followed, thirdly, by the sweating fit, which returns every day, every other day, or every other third or fourth day. It is sometimes prevalent during wet summers, but is now chiefly confined to the marshy districts of Lincolnshire, Kent, &c.

Treatment.—A vapour bath should be administered immediately on the approach of the paroxysm, followed by large doses of *Composition Powder*, *Sweet Flag-root*, and *Peruvian Bark*, in equal proportions. If this treatment does not remove it in a few days, give a *Lobelia Emetic* on the return of every hot fit. From twenty to thirty grains of *Quinine* may also be given, which will in most cases cut short the paroxysm, and remove the disease. After the disease is removed, the *Tonic Bitters* should be given for a short time.

* NERVOUS FEVER.

Nervous fever usually attacks persons of a low, nervous temperament, of sedentary habits, and who are subject to hepatic torpor, indigestion, &c.

It generally makes its appearance in an almost imperceptible manner. There are flushing heats in the face, and also burning heat in the palms of the hands, and the soles of the feet; loss of appetite, depression of spirits, anxiety of mind, restlessness, sighing, loss of sleep, and nervousness.

Treatment.—Wash the body all over every morning with cold water and vinegar, using plenty of friction with a coarse cloth. The diet must be light, and of easy digestion, the bowels regulated with the *Hepatic Pills*, and the following mixture, administered in teaspoonful doses, three or four times a day in a tea of *Avens* :

R	<i>Fluid Extract Valerian Officinalis</i> ...	$\frac{1}{2}$ ounce.
	<i>Fluid Extract Cort Cinchonia</i> ...	$\frac{1}{2}$ ounce.
	<i>Nerve Drops</i>	$\frac{1}{2}$ ounce.
	<i>Tincture of Capsicum</i>	20 drops

Follow this treatment up for some weeks, take gentle exercise in the open air, in the society of cheerful companions, and health of body and serenity of mind will soon follow.

DYSPEPSIA, OR INDIGESTION.

“The stomach crammed from every dish,
A tomb of boiled, and roast, and flesh and fish;
Where bile, and wind, and phlegm, and acid jar,
And all the man is one intestine war.
Remember oft the school-boy’s simple fare,
The temperate sleeps and spirits light as air.”—POPE.

Dyspepsia generally commences with a variable appetite. With some persons it is nearly or altogether lost, while in others it is just the reverse. There is distension of the stomach; acid eructations and flatulency; the tongue is coated with a white fur; the bowels either constipated or relaxed, and accompanied with colicky pains; the mind is depressed, and the whole system languid, especially during digestion; a sense of uneasiness is felt at the pit of the stomach, which is sore to the touch; sometimes the appetite is craving for food, and if indulged in, the patient experiences a fulness and oppression, and, should he remain quiet for a short time, he is almost sure to fall asleep. If these symptoms are allowed to continue, the pulse becomes tense; the face suffused with flushing heats; and the mind filled with disconsolation and gloom. At this stage of the disease the body becomes emaciated; the colicky pains more frequent and

painful; the bowels more irregular, being sometimes costive, and at others affected with diarrhœa, especially in the morning, when portions of undigested food pass off with the stools, which vary in colour, consistence, and character; the countenance assumes a care-worn and haggard appearance; the liver becomes sympathetically affected; the whites of the eyes have a yellow tinge; black spots are seen floating before the sight; palpitation of the heart takes place, with head-ache and ringing in the ears; the strength fails, frightful dreams disturb the sleep; the skin is hot, dry, and shrivelled, and hectic fever supervenes. The disease now wears a serious aspect, and, if not relieved, organic affections of the liver, heart, and lungs take place, and very soon the mournful scene is ended.

Causes.—Indigestion proceeds principally from irregular habits, errors in diet, over loading the stomach, eating too quickly, or swallowing the food without its being sufficiently masticated. Another cause is keeping late hours, indulging in intoxicating liquors, snuffing, chewing, and smoking tobacco. There is one form of this disease frequently met with (*Nervous Dyspepsia*), which is accompanied with dizziness in the head, trembling of the hands, loss of memory, and nightmare; and is caused in most cases from taking too much hot tea and coffee, indulging the passions, &c.

Treatment.—From whatever cause indigestion may arise, it requires unremitting attention and perseverance to cured it; all exciting causes must—as far as possible—be removed. If the bowels are costive, regulate them with the *Compound Lactinated Podophylin*, prepared as follows:

℞	<i>Podophylin</i>	10 grains.
	<i>Leptandrin</i>	10 grains.
	<i>Sugar of Milk</i>	$\frac{1}{2}$ ounce.

Dose.—As much as will lay on a sixpence or a shilling, night and morning, or sufficient to move the bowels at *least once* in the 24 hours. The *Compound Podophylin Granules* may be taken for the same purpose, and should be made as follows:

℞	<i>Podophylin</i> ...	20 grains.
	<i>Leptandrin</i>	20 grains.
	<i>Oil of Cloves</i>	10 drops.

Solid extract of *Turkey Rhubarb*, sufficient to form a mass, divide into 40 granules (*little pills*), one, two, or more, night and morning. Take also the following mixture:

℞	<i>Fluid Extract Berberis Vulgare</i> ...	$\frac{1}{2}$ ounce.
	<i>Fluid Extract Hydrastis Canadensis</i> ...	$\frac{1}{2}$ ounce.
	<i>Fluid Extract Chelone Glabra</i>	$\frac{1}{2}$ ounce.
	<i>Tincture Capsicum</i>	10 or 20 drops. Mix.

Dose.—One teaspoonful in cold water, three or four times a day. In some cases, the stomach is too weak to retain the smallest

quantity of the simplest kind of food, without vomiting. In such cases the following will be of the greatest benefit :

℞	<i>Hydrastin</i>	10 grains.
	<i>Jamaica Ginger</i>	10 grains.
	<i>Carbonate of Soda</i>	20 grains. Mix.

Divide into ten powders, one to be taken shortly before each meal. Where great depression of spirits exists, accompanied with nervousness and palpitation of the heart, take

<i>Lupuline</i>	20 grains.
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Solid extract *Valerian*, sufficient to form a mass. Make it into ten pills, one to be taken every three hours, or the following mixture :

℞	<i>Fluid Extract Valerian Officinalis</i> ...	$\frac{1}{2}$ ounce.
	<i>Fluid Extract Artemesia Vulgare</i> ...	$\frac{1}{2}$ ounce.
	<i>Fluid Extract Scutellaria Lateriflora</i> ...	$\frac{1}{2}$ ounce.
	<i>Fluid Extract Lupulus Officinalis</i> ...	$\frac{1}{2}$ ounce. Mix.

Dose.—One teaspoonful in warm water, three or four times a day.

In cold languid states of the system, where there are cold hands and feet, and diarrhoea, the following will be found admirably suited to the purpose, and in most cases will afford prompt and permanent relief :

℞	<i>Fluid Extract Xanthoxylum</i>	$\frac{1}{2}$ ounce.
	<i>Fluid Extract Angelica</i>	$\frac{1}{2}$ ounce.
	<i>Fluid Extract Tormental</i>	$\frac{1}{2}$ ounce.
	<i>Fluid Extract Asclepias Tuberosa</i> ...	$\frac{1}{2}$ ounce.
	<i>Tinct. Capsicum</i>	20 drops. Mix.

Dose.—One teaspoonful in warm water, three or four times a day. In cases of indigestion, accompanied with bilious eructations, torpidity of the liver, vomiting and costiveness, the following pills will be exceedingly useful, and may be taken in doses of one or two, occasionally :

COMPOUND HEPATIC PILLS, No. 1.

℞	<i>Podophylin</i>	10 grains.
	<i>Leptandrin</i>	10 grains.
	<i>Hydrastin</i>	10 grains.
	<i>Sanguinarin</i>	10 grains.
	<i>Jamaica Ginger</i>	20 grains.
	<i>Oil of Peppermint</i>	10 drops.

Solid extract *Dandelion*, sufficient to form a mass. Mix, divide in 20 pills. Let the diet be simple, consisting chiefly of farinaceous substances. Strong *green* tea must not be taken under any circumstances, if a cure is to be expected. A little weak black tea may be

allowed once a day. Coffee should not be taken. Cocoa may be sparingly used, if it agrees with the stomach, but *Dandelion Coffee* is preferable to either, and should be taken for breakfast, made in the same manner as ordinary coffee.

Sponging the body with vinegar, or salt and water, every morning, will considerably assist the cure, and should in no case be neglected. The reader should return to the chapters on the diseases of the months, and by adopting the suggestions laid down there on bathing, exercise, recreation, &c., he will not be troubled much with indigestion.

COSTIVENESS, OR CONSTIPATION OF THE BOWELS.

This form of disease is commonly produced through sedentary occupations, eating salt meat, salt fish, drinking tea and coffee, smoking tobacco, &c., in many cases, it is simply the result of indigestion, or a disordered liver.

Treatment.—The best way to remove it is to attend to the general health, take plenty of exercise in the open air, eat ripe fruits, instead of cheese and butter, and instead of tea and coffee, take the *Roasted Dandelion*; take no strong drastic medicines, especially salts, or pill cochia; beware of patent pills and other pretended cure-alls; and take as little physic as possible.

COLIC.

This disease is attended with griping pains in the bowels, spasmodic contraction of the abdomen, vomiting and constipation. There are four kinds of colic generally described, the bilious, flatulent, hysteric, and painter's colic.

Causes.—Colic usually arises from imperfect digestion, acrid substances taken into the stomach, going too long without food, the absorption of lead or other mineral poisons into the system, either accidentally or administered as medicine.

Treatment.—Let the bowels be freely moved with the compound *Podophylin Granules*, and take five or six drops of *Oil of Peppermint*, on a bit of lump sugar, every hour or two. Should this not remove the pain in a few hours, treat the case as inflammation of the bowels. Persons working among, or subject to the noxious influence of poisons, should take occasionally as a preventive, *Composition Tea*, *Stomach Bitters*, or *Tincture of Ginger* and *Oil of Peppermint*.

CRAMP IN THE STOMACH.

This dangerous disease generally comes on very suddenly, and requires immediate attention. It not unfrequently arises from causes

similar to those producing colic, and may in most cases be relieved by the same means. The *Anti-spasmodic drops* are, however, the most powerful remedy in this disorder, and should be administered in teaspoonful doses every hour or two, in a little sweetened water, to which a few drops of *Oil of Peppermint* may be added. In very severe cases, adopt the treatment recommended for Inflammation of the Bowels.

PHTHISIS PULMONALIS—CONSUMPTION.

“Gently, most gently on thy victim’s head,
Consumption, lay thine hand! let me decay,
Like the expiring lamp, unseen, away,
And softly go to slumber with the dead.”—KIRKE WHITE.

There is scarcely a disease with which poor humanity is afflicted, that has committed such havoc as consumption. It is difficult to find in this country, a family that has not, at some time or other, lost one, two, or more by this fell destroyer. The annual number of deaths in the United Kingdom from this disease is from 60,000 to 70,000, and its fearful ravages are still on the increase. It is also a most lamentable fact to know, that the professors of medicine—*by their own confessions*—have no power to arrest its progress.

It still continues to receive within its cold embrace victims from all classes of society—the high and the low, the rich and the poor; the old and the young; the darling wife and the beloved husband; all, all are in danger of being swallowed up by this unrelenting enemy. It is, however, chiefly among the young and lovely, from the age of sixteen to five or six-and-twenty, that it loves to riot—“Where youth and beauty sleep together.” The young man, just entering upon the pleasures and delights of wedded life, joined to the young wife of his choice, with all the ardour and freshness of his young affections; or, it may be, just commencing the sterner realities with the battle of life, full of hope and vigour, cut down in a few short weeks by the withering hand of the mortal foe, and consigned to the tomb. On the other hand, it may be the lovely young maiden, just emerging from a boisterous, rollicking, happy girlhood into the charming belle—an only daughter, the idol of a fond mother’s affections, and the pride of a father’s heart. But observe the pearly lustre of her sparkling eye, and the rosy tint that has mantled upon her otherwise snowy cheek. Alas! the soil is prepared, the fatal seeds are sown: and great care and judgment are required to prevent the development and growth of the rank, poisonous weeds, whose fruit is in the grave. Already fancy pictures to itself consumption,

with her lean finger pointing to the fair one, and whispering to herself :

“ In the dismal night air dress’d,
 I will creep into her breast;
 Flush her cheek, and bleach her skin,
 And feed upon the vital fire within.
 Lover, do not trust her eyes,—
 When they sparkle most she dies!
 Mother, do not trust her breath,—
 Comfort she will breathe in death!
 Father, do not strive to save her,—
 She is mine, and I must have her!
 The coffin must be her bridal bed!
 The winding-sheet must wrap her head!
 The whispering winds must o’er her sigh,
 For soon in the grave the maid must lie:
 The worm it will riot
 On heavenly diet,
 When death has deflower’d her eye.”—KIRKE WHITE.

It would be impossible in a small work like the present to give anything like a detail of the various symptoms manifesting themselves during the development and progress of tubercular consumption; consequently we must be content by just enumerating some few of the most prominent.

Consumption may be divided into three stages, according to the lesion of the lungs.

The first stage is characterized by tubercular deposition and induration.

In the second stage, the gray tubercular deposit is converted into yellow pus, and the lesion extended to other parts.

The third is that of the tubercles or ulcers becoming softened, and the expectoration of vomicae, extreme debility, diarrhoea, and nocturnal perspirations.

Symptoms.—One of the earliest symptoms of consumption is a dry, hacking cough, occurring most frequently on getting out of bed in the morning, so slight as to pass unheeded for some little time; the breathing becomes easily excited upon the least bodily exertion; the patient feels languid, low-spirited, and loses his strength; the pulse is soft, small, and quicker than usual; flushing heats take place towards evening; and the patient is peevish and restless. These symptoms may continue for a few weeks or months; and if the summer is at hand the patient appears to rally, and his friends flatter themselves that the danger is over. But as winter approaches, or from some fresh exciting cause, all the former symptoms return with redoubled violence. The cough becomes more troublesome, espe-

cially during the night; greater difficulty is experienced in breathing, with a sense of straitness across the chest; the expectoration from the lungs is a frothy mucus. There is pain in one or both sides, the patient being unable to lie upon the affected side; the breathing becomes more and more distressing, the expectoration more copious, viscid, and opaque, and streaked with blood. The face now begins to flush after eating, the cheek-bones look prominent, the eyes glisten with unusual brightness, the pulse becomes smaller and quicker, ranging from 110 to 120, or even 130 beats per minute; the fingers shrink, and the nails curve in; the colloquative sweats more profuse; the urine high coloured, depositing a branny sediment; the palms of the hands and the soles of the feet become affected with a burning heat; the hectic fever continues with unabated violence; the voice becomes hoarse; the feet and legs swell; severe diarrhoea sets in, distressing the poor patient, who is now too weak to assist himself; difficulty of swallowing takes place, the eyes sink in, the legs and feet grow cold, hiccup supervenes, and death closes the mournful scene.

Causes.—The causes of consumption are almost as numerous as the symptoms that give evidence of its presence. Among others, are colds neglected or badly treated, keeping late hours, getting wet feet, keeping on wet clothes, exposure to the night air without having on sufficient clothing, compressing the chest, obstruction of the usual evacuations, lying in damp beds, sudden checks to perspiration, arising from any cause. One great cause of this disease is bleeding, blistering, and cold poisonous medicine administered during an attack of fever or inflammation at some earlier period. Certain sedentary occupations also, which, from weakening the body or injuring the lungs, may, and frequently do, lay the foundation of consumption, as shoemakers, tailors, knife-grinders, stone-cutters, seamstresses, and others, working in small or ill-ventilated workshops.

Remarks.—Is consumption a curable disease, is a question frequently proposed. Basing our reply upon the experience of twenty years' practice, we say that consumption, in its early stages, is most certainly curable under proper treatment and with ordinary care. In the second stage our reply is, that it is quite possible; but more than ordinary skill and great attention are requisite to accomplish it. But in the third stage of the disease it is very doubtful; and the person who says otherwise is a vain pretender, ignorant alike of the physiological action of the lungs and of the nature of this disease under consideration; or, for the sake of a few paltry shillings, holds out hopes to the patient that he knows will never be realised. I am perfectly conscious of the fact that some have occasionally recovered, who were apparently in the last stages of the disease; but they have not been so far advanced as has been supposed; for it must be remembered, that where the lungs have become disorganized

and converted into a mass of ulceration, it is a moral impossibility for such persons to recover, unless new lungs can be imparted unto them. Therefore, whatever attempt is made to restore the patient should be done as early as possible, for it is then that medicine can be given with the greatest prospect of success.

It is really painful to read the conflicting opinions of medical writers upon the nature, cause, and treatment of consumption; and were it not for the fact that thousands of the lives of our fellow-creatures were yearly sacrificed at the shrine of this Juggernaut—*medical experimenting*—one would be inclined to smile. Truly it may be said, “doctors differ;” for in nearly every instance we find their opinions the very antipodes of each other. Stahl attributes the frequency of consumption to the introduction of *Peruvian Bark*; Morton considers the *Bark* an effectual remedy. Reid ascribes the frequency of the disease to the use of *Mercury*; Brillionet asserts that it is cured by this metal alone. Rush says consumption is an inflammatory disease, and should be treated by bleeding, purging, cooling medicine, and starvation; Salvadori says it is a disease of debility, and should be treated by tonics, stimulating medicine, and generous diet. But, enough. Undoubtedly, consumption is a disease of debility, proof of which we have sufficient while watching the patient’s tottering steps towards the grave.

Treatment.—The success of the cure, to a very great extent, depends upon the position and resources of the patient; for while the poor worn-out sons of poverty and toil are destitute of the means that can render the patient comfortable—for it must be distinctly understood that medicine is not the only means needed to restore the sick; good nursing, warm clothing, nourishing food, &c., are requisite, and for the want of which so many die,—the rich, having all these comforts at command, the chances are greatly in their favour.

Consumption arises in most cases from a scrofulous origin; but, through weakness or other causes, nature is unable to throw it upon the surface, consequently it has fallen upon the lungs. The indications of cure are, *alteratives*, to change the nature and quality of the secretions; *expectorants*, to relieve the cough and ease the breath; *stimulants*, to remove the congestion; *sedatives*, to allay the irritation and to quiet the nerves; *demulcents*, to soothe and heal the lungs; and *tonics*, to invigorate, strengthen, and restore the system. These indications are to be fulfilled by various preparations, simple or compounded, as best suited to the case, according to the judgment of the prescriber, and changed as circumstances may require.

One of the first things to be attended to, is the removal of the diseased matter from the lungs; until this is accomplished it is utterly impossible to afford permanent relief. In the first place, then, take a gentle *Emetic* of, say 20 or 30 drops of *Fluid Extract of Lobelia* every 20 minutes in warm *Chamomile Tea*, until free vomiting takes place; keep warm during its operation. The *Acid Lobelia*

may be taken in teaspoonful doses for the same purpose, and in some cases is to be preferred, especially when the phlegm is very tenacious and difficult to remove. Then make and give the following mixture :

℞	<i>Fluid Extract Prunus Virginiana</i>	...	1 ounce.
	<i>Fluid Extract Asclepias Tuberosa</i>	...	$\frac{1}{2}$ ounce.
	<i>Fluid Extract Sanicula Europæa</i>	...	$\frac{1}{2}$ ounce. Mix.

Dose.—A teaspoonful every three hours in a tea of *Horehound*, *Marsh Mallows*, or *Hyssop*, and take one or two of the *Pulmonic Lozenges* when the cough is troublesome. In the early stages of this disease it will be well to repeat the *Emetic* once a week, and at the same time have a vapour bath ; but this must be regulated according to the strength of the patient.

When the night sweats are troublesome, the patient should be rubbed down before going to bed with a towel dipped in cold vinegar, to which a little *Tincture of Cayenne Pepper* may be added when rubbing the chest. A few drops of the juice of lemon taken on sugar at bed-time will be found to mitigate the sweating at night. As a general remedy for cough, take the following :

COUGH MIXTURE.

℞	<i>Lobelia Syrup</i>	...	2 ounces.
	<i>Ipecacuanha Wine</i>	...	1 ounce.
	<i>Oxymel of Squills</i>	...	1 ounce. Mix.

Dose.—One teaspoonful as often as needful.

If the bowels are costive and the liver torpid, take one or two of the *Compound Podophylin Granules* every night at bed-time. The patient must be careful not to be out in the damp of the evening, nor eat hard, indigestible food. All articles of diet should be light and nourishing, and such as best agree with the stomach.

As a stimulating alterative, the following will be found of great benefit :

℞	<i>Fluid Extract Iris Versicolor</i>	...	$\frac{1}{2}$ ounce.
	<i>Fluid Extract Angelica</i>	...	$\frac{1}{2}$ ounce.
	<i>Fluid Extract Xanthoxylum Frax</i>	...	$\frac{1}{2}$ ounce.
	<i>Fluid Extract Scutellaria Lateriflora</i>	...	$\frac{1}{2}$ ounce. Mix.

Dose.—One teaspoonful three or four times a day in *Agrimony Tea*. In cases where the patient is extremely irritable and restless, give every night at bed-time a teaspoonful of the *Fluid Extract Valerian* in a little warm water, or one or two *Compound Lupuline Pills*.

When the disease has been neglected, or when it has proved incontrollable and the patient greatly emaciated, affected with swellings in the legs and feet, cold sweats, and diarrhœa, but little can be done further than to ease and palliate the symptoms, in order to smooth his pathway to "that bourne, from whence no traveller e'er returns." To relieve the diarrhœa, give a teaspoonful of powdered *Tormental root* in a little warm milk at night, and through the day a little port

wine may be taken. For the dropsical swellings, put the feet in warm mustard and water night and morning, and give a *Tea of Pellitory of the Wall* to drink, or a teaspoonful of the *Fluid Extract of Spartium Scoparia* once or twice a day. Many other articles might be named which could be employed with great advantage in the various stages of this disease, but we have already considerably exceeded the space intended, and therefore must refer the reader to the Formulæ at the end of the work.

TUSSIS—COMMON COUGH.

Cough is usually the result of a neglected or badly treated cold; and should it continue after the employment of appropriate remedies, there is reason to apprehend that the lungs are in an unhealthy condition, and that consumption or some other affection of the chest is in the course of development.

Treatment.—Attend to the general state of the health, and examine well into the condition of the lungs. If there is reason to suspect incipient consumption, treat it accordingly. The following cough mixture may be taken with great advantage; and, if perseveringly followed up, will be found in most cases quite sufficient to remove the most obstinate cough:

COUGH MIXTURE.

℞	<i>Syrup of Squills</i>	1 pint.
	<i>Syrup of Tolu</i>	$\frac{1}{2}$ pint.
	<i>Ipecacuanha Wine</i>	1 ounce.
	<i>Fluid Extract Lobelia Inflata</i> ...	1 ounce.
	<i>Fluid Extract Sanguinaria</i> ...	1 ounce.
	<i>Fluid Extract Prunus Virginiana</i> ...	2 ounces. Mix.

Dose.—From half to two teaspoonsful, according to age, every hour or two, or when the cough is most troublesome. The *Pulmonic Lozenges* should be taken throughout the day, occasionally dissolving one or two in the mouth.

ASTHMA.

This is a spasmodic affection of the chest and bronchial vessels, occurring in paroxysms, which may last for a few hours or for several days. It is attended with tightness of the chest, difficulty of breathing, wheezing, suffocating cough, and expectoration, usually the worst in damp, foggy weather. It frequently attacks the patient in the middle of the night, compelling him to sit up in bed for hours together—a sense of suffocation preventing him from reclining. This disease is always more or less complicated with indigestion and disordered liver.

Treatment.—On a sudden attack of asthma a strong decoction of *Hops*, *Horehound*, *Yarrow*, and *Chamomile Flowers* should be made, put boiling hot into a large jug, and the patient inhale the steam for half-an-hour together, having at the same time a blanket or shawl thrown over the head to confine the steam. Take also the following :

ASTHMATIC MIXTURE.

℞	<i>Fluid Extract Marrubium Vulgare</i> ...	1 ounce.
	<i>Anti-Spasmodic Drops</i>	$\frac{1}{2}$ ounce.
	<i>Nerve Drops</i>	$\frac{1}{2}$ ounce.
	<i>Syrup of Squills</i>	2 ounces. Mix.

Dose.—One or two teaspoonsful in a *Tea* of *Hops* every two or three hours. One or two of the *Compound Lobelia Pills* should be taken three or four times a day. Attend to the diet and general health. Relief in this disease may be obtained by sitting with the face close to a good fire, and inhaling the heat.

DIARRHŒA, OR LOOSENESS.

Diarrhœa is known by frequent discharges from the bowels, attended with a rumbling noise, griping pains, and flatulency. It is most prevalent in moist, warm weather, and is caused by drinking large quantities of cold water when in a state of perspiration, also from eating unripe fruits, drinking acid wines, indigestion, &c.

Treatment.—It is a disease easily removed in most cases if early attended to. The acrid condition of the bowels requires a neutralizing principle; therefore give the following powder which will generally remove the sickness, and change the nature of the disease, in a very short time :

NEUTRALIZING POWDER.

℞	<i>Best Turkey Rhubarb, pulverized</i>	...	$\frac{1}{2}$	ounce.
	<i>Peppermint Plant</i>	$\frac{1}{2}$	ounce.
	<i>Jamaica Ginger</i>	$\frac{1}{2}$	ounce.
	<i>Bi-carbonate Potassium</i>	$\frac{1}{2}$	ounce.
	<i>Lump Sugar</i>	$\frac{1}{2}$	pound. Mix.

Dose.—Two or three teaspoonsful in a teacupful of boiling water, to be given every 20 or 30 minutes, or until the stools become more natural in their character, consistence, and colour. The *Composition Cordial* or the *Anti-Cholera Syrup* should be taken for some little time. Let the drink consist of mucilaginous substances, such as *Marsh Mallows* and *Slippery Elm Bark*.

DYSENTERY, OR BLOODY FLUX.

The ancient writers, from Hippocrates to Avicenna, considered the seat of this disease to be the internal coats of the large intestines; and attributed it to erosion and ulceration.

“Acute dysentery,” says Copeland, “may be defined as follows:—Tormina, tenesmus, mucus or bloody stools, and a sense of heat or pain in the colon or rectum.” Cold chills usually accompany, precede, or follow the evacuations, which are frequent—sometimes from 10, 20, or even 30 in the 24 hours, and are streaked with blood. The pulse is small and quick, the tongue is coated with thick fur, great thirst, &c. The griping pains occasionally subside during the intermission of the stools, but return with excruciating violence just before the calls of nature. If the disease is not promptly arrested, all the symptoms become of a more aggravated character; the discharges change from mucus, slimy or gelatinous, to a dark muddy appearance, mixed with hard, knotty pieces of feculent matter; the pulse sinks; the fingers turn purple; cold, clammy sweats take place; sinking and prostration follows; and the patient dies.

Treatment.—Let the directions given for the treatment of diarrhoea be carried out; in addition to which put hot bricks to the feet, bags of scalded hops or bran to the bowels, raise the perspiration as quickly as possible, and keep it up by giving freely of *Composition* and *Yarrow Tea*. Occasionally take a spoonful of *Slippery Elm* in cold water, allowing it to swell in the stomach, by which means it will become an internal poultice, and give great relief. Beef-tea, mutton-broth, and *Tonic Medicines* will complete the cure.

SPASMODIC CHOLERA.

In spasmodic cholera the patient is suddenly attacked with cramps in the legs and feet, spasmodic pains in the stomach and bowels, attended with violent vomiting and purging of a rice-water looking substance, which has a most sickening fetid odour; a cold, clammy sweat covers the whole surface of the body; the hands, feet, and even the tongue and breath become cold; the pulse ceases, the eyes sink in, the face becomes cadaverous, the finger-nails turn purple, the whole system collapsed, and in a few hours the patient sinks irrecoverably into the arms of death.

Causes.—The cause of this disease is similar to the two preceding. Indeed it may be brought on by anything that produces a check to perspiration. At certain seasons it becomes quite epidemic; and, undoubtedly, at such times it is caused by poisonous miasma floating in the air; and in all probability arises from decaying animal and vegetable substances in low, unhealthy districts.

Treatment.—The rapidity with which this disease proceeds to a fatal issue renders it imperious upon us to be prepared with all our resources, in order to expel with all possible speed this terrible enemy; for which purpose, we would recommend the most powerful stimulants to be given. *Cayenne Pepper*, or the *Tincture of Cayenne* and *Myrrh*, in teaspoonful doses, should be administered every fifteen or twenty minutes, in a strong tea of *Raspberry Leaves*. Have the patient wrapped up in blankets and, if possible, laid before a large fire. Keep hot bricks to the feet, and bags of scalded hops to the bowels. Rub the body all over frequently with *brandy* and *Cayenne Pepper*. Keep up the perspiration; attend to the bowels; if the watery discharges continue, give strong astringents, as *Tormentil root*, *Bistort root*, *Crane's-bill root*, *Oak Bark*, or *Gum Myrrh*, and injections of the same. The neutralizing mixture, as recommended in diarrhoea (page 71), is exceedingly useful in this disease, allaying the sickness and vomiting. The *Anti-Cholera Drops* and *Powders* will also be found admirably adapted for stopping the discharges, and should be given as freely as possible. Ah! we think some cold-water gentleman will say: "What! confine the disease in the system, and produce fever! eh?" "Yes—yes!" we say. Better to have fever to contend with, than let the patient die; which will soon be the case, unless something a *little* stronger than cold water is administered. As to the subsequent fever, that is comparatively easily removed. After the disease has been subdued, brace up the system with suitable tonics and proper food, and be careful not to go out too early.

HÆMORRHOIDS, OR PILES.

The piles consist of clusters of small tumours, or, more properly speaking, an enlargement of the hæmorrhoidal vessels within and around the anus. They are of two kinds—the bleeding and blind piles, generally affecting persons of costive habits. When they are confined within the anus, they are called blind piles; but when accompanied with discharges of blood, they are called bleeding piles. The piles are frequently caused by taking strong drastic medicines, indigestion, affections of the liver, costiveness, smoking tobacco, &c.

Treatment.—Avoid hard, indigestible food, especially salt meat, salt fish, &c. If the bowels are costive, which is usually the case, regulate them, if possible, by eating oranges, apples, figs, prunes, and other fruits. Be careful not to take pills containing *Aloes*. If physic be really necessary, take the following :

PILE PILLS.

R	<i>Best Turkey Rhubarb</i>	$\frac{1}{2}$ ounce.
	<i>Pulverized Poplar Bark</i>	$\frac{1}{2}$ ounce.

Made into ordinary sized pills with *Extract of Dandelion*.

Dose.—Three or four occasionally. Take also the following mixture: one ounce each *Marsh Mallow roots*, *Tormental roots*, *Poplar Bark*, and *Comfrey roots*; half an ounce *English Rhubarb root*; boil in a quart of water to a pint, strain, and take a wineglassful three or four times a day. The *Pile Ointment*, made as follows, should also be freely used: take *Pinus Canadensis*, *Comfrey root*, *Bistort root*, *Crane's-bill root*, and *Marsh Mallow Leaves*, each one ounce; fresh *Hog's Lard*, one pound; gently simmer for four hours, or until the herbs and roots are crisp; strain through flannel, and keep in pots for use. Where there is bleeding, add half an ounce of *Bistort* or *Cranes-bill* to the mixture.

PHRENITIS—INFLAMMATION OF THE BRAIN.

Is frequently caused by excessive grief, over anxiety, intense study, anger, night watching, injuries upon the head, intoxication, &c.

Symptoms.—The symptoms are—burning heat and violent pain in the head; sometimes raving delirium, giddiness, ringing noises in the head, flushing heat in the face, singing in the ears, redness in the eyes, dry skin, and fever.

Treatment.—Immerse the feet in hot mustard-and-water for half-an-hour, and take a strong tea of *Cayenne Pepper*. It is a disease not to be trifled with; therefore, if the patient is unable to sit up, let him be put to bed, and apply hot bricks to the feet. Give freely of *Composition* and *Valerian Tea*, as hot and strong as possible, to

equalize the circulation, which is evidenced by a free perspiration. Apply cloths, wet with cold vinegar, to the head. If the above treatment does not relieve in a short time, give an emetic of *Lobelia*, and also an injection, made of *Composition Tea* and *Flour Gruel*, to which may be added half an ounce of *Anti-Spasmodic Tincture*, and also give a vapour bath. Keep up the perspiration for several hours, or as long as may be necessary. When the inflammation has subsided, brace up the system with tonic bitters.

HEPATITIS—ACUTE AND CHRONIC INFLAMMATION OF THE LIVER.

Persons of a bilious temperament, and of sedentary habits, are often troubled with diseases of the liver, but a torpid or inactive liver is of the most frequent occurrence, and, in nine cases out of ten, is complicated with dyspepsia.

Symptoms.—This disease may be known by a bitter taste in the mouth, especially in the morning; foul, coated tongue; pain in the right side, under the short ribs, extending to the back, and between the shoulders; shortness of the breath; yellowness of the eyes, which are surrounded with a dark circle; loss of appetite; nausea; and constipation of the bowels; urine high-coloured, depositing a brick-dust looking sediment, which adheres to the vessel. The patient is also troubled with flatulency, bilious eructations, and difficulty of laying on the right side.

Causes.—Diseases of the liver are caused by sedentary occupations, hard drinking, especially ardent spirits and old ale. The various preparations of mercury—as calomel, blue pill, &c.—are among the potent causes of this disease.

Treatment.—In order to ensure a successful issue in the treatment of the various manifestations of disease affecting the liver, we must, in the first place, attend to the diet. Whatever habits have been indulged in, acting injuriously upon the liver, must be given up, and if there is acute inflammation, an *Emetic* must be given. Apply also poultices of hops, scalded with vinegar, to the liver, and raise the perspiration, as in the treatment of any other form of inflammation.

To stimulate the liver to action, and regulate the condition of the bowels, administer the following:

ALTERATIVE LIVER PILLS.

R	<i>Leptandrin</i>	1 dram.
	<i>Iridin</i>	$\frac{1}{2}$ dram.
	<i>Podophyllin</i>	$\frac{1}{2}$ dram.
	<i>Capsicum</i>	10 grains.
	<i>Oil Peppermint</i>	10 drops.

Solid Extract *Podophylin Peltatum*, sufficient to form a mass. Divide into sixty pills. Dose: one at night. Give also the following mixture throughout the day:

R	<i>Fluid Extract Berberis Vulgare</i>	...	$\frac{1}{2}$ ounce.
	<i>Fluid Extract Chelidonium Mager...</i>		$\frac{1}{2}$ ounce.
	<i>Fluid Extract Prinos Verticillatus</i>	...	$\frac{1}{2}$ ounce.
	<i>Liver Alterative Mixture</i>	$\frac{1}{2}$ ounce. Mix.

One teaspoonful to be taken every three or four hours in *Dandelion Tea*. When there is great pain and heat in the region of the liver, apply a plaister of equal parts of *Burgundy Pitch*, *Bees Wax*, and *Extract of Stramonium*, spread upon leather, and instead of the above pills, use the

SEDATIVE PILLS.

R	<i>Solid Extract Dandelion</i>	$\frac{1}{2}$ ounce.
	<i>Solid Extract Mandrake (American)</i>		$\frac{1}{2}$ ounce.
	<i>Solid Extract Conium Maculatum</i>	...	$\frac{1}{4}$ ounce.

If too soft, add a little *Turkey Rhubarb*. Mix, and divide into three grain pills. Dose: two or three occasionally.

PNEUMONIA, PLEURISY & BRONCHITIS.

These three forms of disease are so intimately connected that they may all be described under one head, and with little attention the reader will be able to distinguish one from the other. Pleurisy is an inflammation of the *pleura*, a thin membrane that lines the lungs, and may be known by a sharp, darting pain in one or both sides of the chest, just beneath the ribs, and usually confined to a small spot that may be covered by the tip of the finger; the cough is hard and dry; the pulse quick; and a sharp cutting pain is experienced on drawing in the breath.

Bronchitis is an inflammation of the *bronchi*, (the large air tubes) and may be known by a violent pain the upper part of the chest and throat, extending to the shoulders; the breath is short, pulse quick, violent cough, and expectoration of frothy phlegm.

Pneumonia is an inflammation of the substance of the lungs themselves, and may be distinguished from either of the foregoing by the pain being general, throughout the whole extent of the chest, accompanied with a burning heat, full pulse, high fever, short dry cough, catching of the breath, high-coloured urine, thirst, dry skin, and cold chills.

Causes.—These diseases are generally brought on by cold, in some way or other, causing an obstruction to the perspiration, keeping on wet clothes, sleeping in damp beds, or on the damp ground, drinking cold liquors when the body is overheated, leaving off under clothing too early in the spring, and exposing the body to the cold air when in a state of perspiration.

Treatment.—The first thing to be done, is to restore the balance of the circulation, for which purpose administer a vapour bath, and make a mixture of *Hyssop*, *Angelica*, and *Horehound*, each one ounce. Boil for ten minutes in one quart of water; strain, and add one teaspoonful of *Cayenne Pepper*, of which a wine-glassful should be taken not, and repeated every 10, 20 or 30 minutes, and the following liniment applied to the part affected:

COMPOUND MYRRH LINIMENT.

℞	No. 6 or Compound Tincture of Myrrh	1½ ounce.
	Spirits of Camphor	1 ounce.
	Essence of Sassafras... ..	½ ounce.
	Spirits of Turpentine	½ ounce.
	Olive Oil	2 ounces.
	Spirits of Hartshorn	½ ounce.

Shake up and use freely. Mustard, bran, and hop poultices may also be used with great advantage. After the inflammation has subsided, the patient will feel weak and sore for some time, and will therefore do well to take the *Composition Powder* and *Stomach Bitters' Cordial*, and wear warm clothing. The restoration will be greatly promoted by taking, for a short time, the following mixture:

℞	Fluid extract <i>Prunus Vir</i> ...	1 ounce.
	Fluid extract <i>Cypripedium</i>	½ ounce.
	Tincture of <i>Peruvian Bark</i>	½ ounce.
	Tincture of <i>Columbia</i>	½ ounce.
	Tincture of <i>Cayenne</i>	20 drops. Mix.

Dose.—Two teaspoonfuls three times a day in cold water.

GASTRITIS AND ENTERITIS—INFLAMMATION OF THE STOMACH AND BOWELS.

These two diseases, although not so closely allied as Pneumonia, Pleurisy, &c., still, they are sufficiently connected to enable us to treat of them under one head, and the same general method of treatment will be found equally efficacious in either case.

The symptoms of Gastritis (Inflammation of the Stomach) are sickness and vomiting; fixed pain in the stomach, which is distended and hard; there are cold clammy sweats, great thirst, and severe pain after taking either food or drink; the contents of the stomach, when ejected, are, in appearance, similar to the sediments of coffee.

The symptoms of Enteritis (Inflammation of the Bowels,) are much the same as Inflammation of the Stomach, only much more severe, the pain more acute, and the bowels usually obstinately constipated.

These diseases are generally caused by eating acrid substances, unripe fruits, badly cooked meats, vegetables, &c.; eating raw cucumbers, drinking sour wines, hard beer, and ardent spirits.

Treatment.—Active measures are called for in the treatment of these diseases, as they are of a dangerous character, and soon terminate either for life or death. Let the treatment recommended for Pleurisy, &c., be efficiently carried out, and not by any means omitting the *Enema*, adding to the same, 20 or 30 drops *Oil of Peppermint*, as prescribed in Phrenitis. The *Enema* must be administered in the early stages, and repeated as often as necessary. In some cases it will be advisable to have recourse to it every hour or two throughout the disease. In these cases it is better to give ten injections more than necessary, than to omit one when it is really needful. Keep hot bricks to the feet continually, and give freely to drink some bland mucilaginous substances, as *Slippery Elm*, *Marsh Mallows*, *Linseed Tea*, or *weak Broth*, &c. The great desideratum in all these forms of disease is, first to remove the inflammation, and then use means to restore the health and strength. As a general restorative in all cases after inflammation of the stomach, and other viscera, the following will be found admirably adapted:

RESTORATIVE MIXTURE.

R	<i>Comfrey Roots.</i>	1 ounce.
	<i>Tormental Roots</i>	1 ounce.
	<i>Fluid Extract Hydrastis</i>	$\frac{1}{2}$ ounce.
	<i>Tincture of Peruvian Bark</i>	$\frac{1}{2}$ ounce.
	<i>Tincture of Gentian</i>	$\frac{1}{2}$ ounce.
	<i>Gum Arabic</i>	1 ounce.

Boil the roots and gum in a quart of water to a pint. Strain and press out the liquid, and while hot dissolve in it half a pound of lump sugar. When cold add the tinctures and extract, and bottle for use.

Dose.—One tablespoonful three times a day. Avoid all hard indigestible substances. Keep the bowels regulated with gentle aperients, and do not expose yourself to the cold too early.

QUINSEY, OR INFLAMMATORY SORE THROAT.

This painful affection is known by great difficulty of swallowing, and is occasioned by the formation of ulcers in the throat. The tongue is swollen, and coated with a thick fur, there is burning heat upon the skin, full pulse, occasionally cold chills, headache, great thirst, and general fever. On attempting to take drinks, the patient experiences a sense of suffocation, and the fluid not unfrequently returns through the nose. Quinsey is generally caused by getting wet feet, or wearing damp linen, it may also be caused by singing in heated rooms, and going into the cold air without the mouth and throat being duly protected.

Treatment.—Put the feet into warm mustard and water, and inhale the vapour of boiling *Vinegar* and *Red Sage*, gargle the throat freely with a mixture of equal parts of *Syrup of Cayenne*, *Tincture of Myrrh* and a decoction of *Bistort root*; and also apply the *Compound Myrrh Liniment* externally to the throat, on flannel. In consequence of the difficulty of swallowing, it will be necessary to regulate the bowels with injections, for which purpose plain gruel with castor oil will be sufficient. The system must be supported with nourishing broths, soups, &c.

INFLAMMATION OF THE EYES.

This disease frequently arises from exposure to cold winds, sitting in a cold draught of air when over heated, or from dust or other foreign substances getting into the eyes. It is attended with heat and redness, throbbing pain, and inability to bear the light.

Treatment.—Bathe the eyes three or four times a day with weak salt and water, or with a tea of *Wormwood*, *Parsley*, *Tormental* or *Bistort roots*. If the case is of long standing, and of a scrofulous nature take the *Purifying Mixture*, and apply the following :

EYE WASH.

R	<i>Rose water</i>	1 ounce.
	<i>Fluid Extract Hydrastis</i>	20 drops.
	<i>Tincture of Cayenne</i>	3 drops.

A few drops applied to the eyes three or four times a day.

NEPHRITIS, OR INFLAMMATION OF THE KIDNEYS.

This disease may be known by a violent pain and stiffness in the region of the kidneys, frequent desire to pass water, and being unable to do so, or only in small quantities, urine high colored. The patient is also affected with nausea and vomiting, there is also great thirst, shivering, fever, and inability to stand or sit, through the severity of the pain.

Causes.—This disease is often caused by heavy lifting, strains in the back, stone in the kidneys, taking strong stimulating diuretics, as *Turpentine, Cantharides, Alcoholic Liquors, &c.*

Treatment.—Give a vapour bath at once, if possible, if that cannot be done, get the patient to bed and apply hot bricks, wrapped in cloths wet with vinegar and water to the feet and back; next get ready a strong tea made of *Featherfew* and *Tansey*, to half a pint of which add half a teaspoonful of *Cayenne Pepper*, and give as freely as possible. Relieve the bowels with the *Compound Dandelion Pills*, and give the following mixture.

℞	<i>Fluid Extract Populus Tremuloides</i> ...	1 ounce.
	<i>Fluid Extract Juniperis Communis</i> ...	1 ounce.
	<i>Fluid Extract Barosma Grenata</i>	$\frac{1}{2}$ ounce.
	<i>Mucilage of Gum Arabic</i>	2 ounces. Mix.

Dose.—One teaspoonful every two hours, in a tea of *Marsh Mallows*.

CISTITIS—INFLAMMATION OF THE BLADDER.

The symptoms of this disease are similar to the foregoing, only being more acute, the desire to urinate more constant, shooting pains run down the thighs and the calves of the legs; there is sometimes an entire stoppage of urine, accompanied with constant pain and fulness at the bottom of the bowels.

Causes.—This disease frequently arises from the same causes that produce inflammation of the kidneys. It may also proceed from costiveness, disease of the prostrate gland, stricture, &c.

Treatment.—The cure consists in carrying out the treatment as prescribed in the former disease. In addition to which, let the patient be placed in a hip bath, medicated with *Wormwood, Mallows*, and

Poppy Heads. Apply also, poultices of *Scalded Hops*, and *Chamomile Flowers* to the lower part of the bowels, and take two of the following pills every three hours :

℞ *Lupuline* 20 grains.
Solid Extract of Chamomile Flowers sufficient to form a mass,
 and divide into 20 pills. Mix.

Bloody urine sometimes occurs in affections of the kidneys and bladder. When such is the case, add to the above mixture one ounce of *Fluid Extract Geranium Maculatum*, and give as directed.

GRAVEL AND STONE.

The formation of gravel and stone proceeds from a deposition of a sand-like, concrete substance in the kidneys and bladder, and is generally caused by drinking hard water, impregnated with earthy or stony particles.

The symptoms are, a fixed pain in the loins, middle of the back, the thighs, and the calves of the legs. There is also a stiffness and sense of numbness, extending from the hips downwards, with constant desire to pass water, which is sometimes bloody and comes away in drops. Occasionally there will be a full stream, but this is frequently stopped suddenly by the entrance of particles of stone into the urethra, causing excruciating pain.

Treatment.—Apply the hip bath and poultices as in inflammation of the bladder, give the *Diuretic Compound* (see *Formulae*), or the following :

STONE SOLVENT MIXTURE.

℞ *Fluid Extract Spirea Ulmaria* $\frac{1}{2}$ ounce.
Fluid Extract Alcemilla Arvensis $\frac{1}{2}$ ounce.
Fluid Extract Mentha Viridis $\frac{1}{2}$ ounce.
Diuretic Compound $\frac{1}{2}$ ounce. Mix.

Dose.—From one to two teaspoonfuls, three times a day, in a strong tea of *Uva Ursa*, *Marsh Mallows*, or *Wart cress* (*Senesiera Coronopus*).

DROPSY—HYDROPS.

Dropsy is not a primary disease of itself, but rather the result or manifestation of some abnormal condition of the body, or part of the body already existing. It is distinguished by an accumulation of aqueous deposit in the cellular tissue, or one of the cavities of the body, as the chest and abdomen. It proceeds from a weakness in the absorbent vessels, which are unable to take up and expel the morbid secretions through the natural outlets—the kidneys and skin.

Dropsy, like most other diseases, is divided by medical writers into various kinds, and named according to the locality in which it is situated. Thus, if the effusion takes place in the chest, we have *Hydrothorax*; if in the abdomen, it is called *Ascites*; and, if it is in the cellular tissue, then it is called *Anasarca*.

Symptoms.—Dropsy generally commences with swellings in the feet and legs, observed first towards evening. During the night, absorption takes place, and the swelling subsides, but returns again in the course of the day. By degrees the swelling ascends higher and higher up the trunk, until the whole body, even the face and eyes, are filled with water; the exhalants are obstructed; the whole absorbent system deranged; excessive thirst prevails; the urine is scanty, high-coloured, and deposits a muddy-looking sediment; great difficulty of breathing is experienced, and the patient is unable to lie down in bed for fear of suffocation; the feet and legs become cold in consequence of the large amount of water contained in them.

The various symptoms exhibited in this form of disease are only so many manifestations of the general deranged state of the entire system, evidencing the struggle of nature, exerted in order to maintain the tenure of life.

Treatment.—The success of the treatment in this form of disease greatly depends upon the age and condition of the patient. If advanced in years, and the system much reduced by disease, intemperance, or drugging, very little good can be done. But if the patient is young, and tolerably free from disorders of the heart, liver, and lungs, a cure may, in most cases, be effected. The strength must be sustained by nourishing food, and the balance of the circulation restored by the application of stimulating diaphoretics, and the vapour bath, which must be administered according to the strength of the patient. A vapour bath should be given at least twice or three times a week. Great advantage will also be derived from taking a *Lobelia Emetic* twice a week. Put the feet and legs in strong mustard and water every night, just before going to bed; and to keep up a determination to the surface, apply hot bricks, wrapped in cloths wet with vinegar and water to the feet in bed; and every morning the body should be washed all over with cold vinegar and water, and afterwards well rubbed with a coarse towel. Give also the following mixture:

℞	<i>Fluid Extract Spartium Scoparia</i>	...	1 ounce.
	<i>Fluid Extract Juniperis Communis</i>	...	1 ounce.
	<i>Fluid Extract Parietaria Officinalis</i>	...	1 ounce. Mix.

Dose.—Two teaspoonfuls three times a day, in a tea of *Parsley roots*. The bowels must be regulated by taking occasionally a pill or two, composed of equal parts of *Jalap* and *Podophyllum Peltatum*. For ordinary drink, let the patient take a tea of *Common Broom Tops*.

After the above medicine has been taken for about a fortnight, let it be changed for the following :

HYDROGOGUE POWDER.

R	<i>Iridin</i>	1½ grain.
	<i>Leptandrin</i>	3 grains.
	<i>Cream of Tartar</i>	10 grains. Mix.

To be taken in a little warm water, and repeated every night and morning. This powder usually removes large quantities of water by the stools. Should it cause sickness, take instead the following

COMPOUND IRIDIN GRANULES.

R	<i>Iridin</i>	20 grains.
	<i>Xanthoxylin</i>	10 grains.
	<i>Podophyllin</i>	10 grains. Mix.

Solid extract *Apocynum Cannabinum*, sufficient to form a mass. Divide into 40 granules, one to be taken every three or four hours, for a few days, and then substitute the following

DIURETIC MIXTURE.

R	<i>Fluid Extract Spartium Scoparia</i> ...	1 ounce.
	<i>Fluid Extract Iris Versicolor</i>	½ ounce.
	<i>Fluid Extract Apocynum Cannabinum</i> ..	½ ounce.
	<i>Diuretic Compound</i>	½ ounce. Mix.

Dose.—One teaspoonful three or four times a day in cold water. The vapour bath must not any account be neglected, it being impossible to perspire too much in this disease, bearing in mind at the same time, to support the patient's strength by administering gentle stimulants and generous diet. All hard indigestible substances must be avoided, and the stomach not over-loaded at any time.

DIABETES.

Diabetes is an excessive discharge of thin, pale-colored urine, of a sweet taste, and violet smell. There is also great debility, wasting of flesh, dry tongue, a sweetish, faint-smelling breath, voracious appetite, and unquenchable thirst, hot, dry skin, small, quick pulse, and fever. The enormous quantity of urine passed is incredible, being in some cases as much as three or four gallons in the course of the twenty-four hours.

This disease is frequently brought on through intemperance, especially from malt liquors. It may also arise from taking large quantities of diuretic medicines, containing *Cantharides*, *Turpentine*, &c.

Treatment.—If the patient is young, and not suffering from organic affections of the heart, lungs, or liver, it is not difficult to remove, but in persons of broken-down health, advanced in life, and of irregular habits, it is very difficult, if not an hopeless case. The cure consists in restoring the functions of the skin, lessening the discharge of water, and of imparting strength to the system. A *Vapour Bath* should be given three times a week, and the *Composition Tea* freely used; regulate the bowels with the *Compound Podophyllin Granules*, and take the following mixture:

R	<i>Fluid Extract Geranium Maculatum</i> ...	1 ounce.
	<i>Fluid Extract Nymphæ Alba</i>	$\frac{1}{2}$ ounce.
	<i>Fluid Extract Polygonum Bistorta</i> ...	$\frac{1}{2}$ ounce.
	<i>Fluid Extract Valeriana Officinalis</i>	$\frac{1}{2}$ ounce.
	<i>Tinct. Cinchona Cort</i>	$\frac{1}{2}$ ounce. Mix.

Dose.—From one to two teaspoonfuls, three times a day in mucilage of *Gum Arabic*. Let the food consist chiefly of fresh meat, fish, oysters, eggs, &c. All articles containing sugar must be strictly prohibited, in consequence of all starchy substances containing saccharine matter being so readily converted into sugar, and with which the urine is so highly impregnated. Meal bread should be taken in preference to white, French beans and greens may be allowed, but potatoes must be avoided. A tea of *Raspberry Leaves*, *Burnet*, or *Queen of the Meadows* may be drunk to allay the thirst, or *raspberry vinegar* and water may be taken for the same purpose; above all, take plenty of out-door exercise.

RHEUMATISM.

This disease is attended with excruciating pains in the joints, swelling, inflammation, and fever. Rheumatism is described in medical works as *acute*, *sub-acute*, and *chronic*; this division, however, is not founded upon any pathological difference there is in the nature of the disease, but upon the severity and duration of the same. Embraced within these grades, we have the *neuralgic*, *facial*, *cervical*, *lumbar*, *synovial*, *periosteal*, *intercostal*, and we may also add *gonorrhæal* and *mercurial rheumatism*.

Symptoms.—An attack of acute rheumatism is most commonly ushered in with slight shivering, head-ache, restlessness, and other symptoms of inflammatory fever. There are pains shooting about in various parts of the body, which soon become fixed in the joints, followed by inflammation and swelling. In severe cases, the patient is unable to move a limb, and is frequently kept awake for nights together, through the excruciating pain and fever, which is generally the worst during the night.

Causes.—This disease is brought on through sudden changes in the weather, from hot and dry to cold and damp; laying in damp beds or on the damp ground; keeping on wet clothes; being too thinly clad; or, indeed, anything that produces a check to perspiration. One prolific source of rheumatism is taking “mercurial medicines.”

Treatment.—The indications of cure consist in restoring the equilibrium, reducing the fever, easing the pain, and removing the inflammation, for which purpose administer an *Emetic of Lobelia* to cleanse the stomach, give also a *vapour bath*, or apply hot bricks, inclosed in cloths wet with vinegar to the feet and sides, to raise the perspiration; which must be kept up from twenty-four hours to three or four days, according to the severity of the case, and the strength of the patient. Apply the *rheumatic Liniment* to the swollen parts, and give the following:

STIMULATING MIXTURE.

R	<i>Vervain, Angelica, and Sage</i> ...	each 1 ounce
	<i>Lobelia Herb and Cayenne Pepper</i> ...	each $\frac{1}{4}$ ounce
	<i>Water</i> ...	3 pints.

Gently simmer for ten minutes, strain and sweeten with treacle. Keep it hot by the fire, and give a large wine glassful every hour, to induce and keep up perspiration. If the bowels are costive, one or two of the No. 2 *Hepatic Pills*, (see *Formula*,) may be given every night. In obstinate cases the following liniment will be exceedingly useful, and should be used very freely, by keeping cloths moistened with the same constantly applied to the parts affected:

CAPSICUM LINIMENT.

R	<i>Pulverised Capsicum</i> ...	$\frac{1}{4}$ ounce.
	<i>Common Salt</i> ...	$\frac{1}{4}$ ounce.
	<i>Scalding Vinegar</i> ...	$\frac{1}{2}$ pint. Mix

When it is cold, pour off the clear, to which add one ounce *Tincture of Myrrh*.

After the fever and inflammation have somewhat subsided, give the following:

RHEUMATIC MIXTURE.

R	<i>Fluid Extract Phytolacca</i> ...	1 ounce.
	<i>Fluid Extract Xanthoxylum</i> ...	1 ounce.
	<i>Fluid Extract Stylingia</i> ...	$\frac{1}{2}$ ounce.
	<i>Tincture Gum Guaiacum</i> ...	$\frac{1}{2}$ ounce.
	<i>Tincture Capsicum</i> ...	20 drops. Mix.

Dose.—One teaspoonful every three hours, in cold water. The patient must be exceedingly careful not to go out too early after the disease is removed, or a relapse may take place, which will prove more obstinate and difficult to subdue than the original attack. Warm clothing must be worn for some time, even in summer, and the patient must not be out after sunset, as the evening dews will most assuredly prove injurious to his *sensitive* constitution.

LUMBAGO.

This is a rheumatic disorder, affecting the muscles in the lumbar region of the back. It is a very distressing affection, and usually attacks the patient very suddenly. A person may be in a stooping position, when on attempting to rise he experiences an excruciating pain in the middle of the back, as though he had been struck with a sharp instrument.

Causes.—Lumbago arises from getting wet feet, leaving off flannels too early in the spring, lifting or carrying heavy weights, strains in the back, &c.

Treatment.—Give freely of the *Composition Tea*, and wear a small napkin wet with vinegar and water round the loins for a few days. If that is not sufficient to remove it, treat it as common cold, (page 53,) and instead of vinegar, saturate the napkin with the *rheumatic Liniment*. The writer having being subject to this disease, and always finding the above treatment effectual, he can with confidence recommend it to others.

JAUNDICE.

This affection generally commences with a drowsy listlessness, and dull, heavy pains in the head, the whites of the eyes become yellow, which gradually diffuses itself over the entire surface of the body, even to the finger nails. The urine is high-colored, and stains the linen with a yellowish tinge. The bowels are costive; the stools lose their natural color, having a whitish or gray appearance; all the secretions become affected with the color of the bile; the saliva is yellow, and has a bitter taste; as the disease advances the urine becomes nearly black, the blood has a tendency to putrefaction, hæmorrhage takes place in various parts of the body, and the patient not unfrequently dies of dropsy. This disease arises from a disordered state of the liver and gall ducts; neglected colds, indigestion, and from taking *poisonous mineral medicines*.

Treatment.—Jaundice sometimes proves very difficult to remove, especially if the patient has been intemperate, and has been *bled*, *blistered*, and *salivated*, which are the *sine qua non* treatment of the old school doctors in affections of the liver.

Before any permanent good can be effected in this disease, the liver must be brought into healthy action, for which purpose the following *Lactinated Powder* will be found admirably adapted:

℞	<i>Xanthoxylin</i>	5 grains.
	<i>Podophyllin</i>	5 grains.
	<i>Hydrastin</i>	5 grains.
	<i>Iridin</i>	5 grains.
	<i>Sugar of Milk</i>	$\frac{1}{2}$ ounce. Mix

Divide into twenty powders. One to be taken, in a little jam, or otherwise, every three or four hours, until the bowels become active; after which one powder night and morning will be sufficient.

The following mixture should likewise be taken, and persevered in for some time:

℞	<i>Fluid Extract Berberis Vulgare</i> ...	1 ounce.
	<i>Fluid Extract Chelidonium Magus</i> ...	$\frac{1}{2}$ ounce.
	<i>Fluid Extract Sanguinaria Canadensis</i>	$\frac{1}{2}$ ounce. Mix.

Dose.—One or two teaspoonfuls to be taken three times a day in *Agrimony Tea*. If the disease is very obstinate, a *Lobelia Emetic* and *Vapour Bath* will be requisite occasionally, and will afford great relief. A strong decoction of *common Groundsel* will sometimes remove jaundice very quickly, but it works very roughly, acting as a strong emetic and purgative.

SCROFULA, SCURVY, ABSCESS, BOILS, ULCERATED LEGS, &c.

Scrofula is a disease affecting the glands of the neck, arm-pits, groin, &c. With some families it is hereditary, and is frequently developed after an attack of scarlet fever, measles, or small pox. It usually appears in small knotty tumours or swellings about the neck, behind the ears, and under the chin. The tumours after a time get inflamed, break, and become unsightly sores.

Scurvy is a milder form of disease, affecting the eyes, gums, &c. Sometimes it is spread over the hands, arms, legs, and other parts of the body in large scaly patches. Both forms of the disease arise from a vitiated condition of the blood, and require a long course of alterative or purifying medicines to remove them.

Treatment.—The tumours must be poulticed with the following—

DISCUTIENT POULTICE.

℞	<i>Slippery Elm Powder</i> ...	2 ounces.
	<i>Linseed Meal (the oil not expressed)</i>	2 ounces.
	<i>Ground Ginger</i> ...	1 ounce.
	<i>Lobelia Herb</i> ...	1 ounce. Mix.

Take a sufficient quantity, mix with warm water, and apply two or three times a day. If the tumours are broken, the following should be used :

SCROFULA SALVE.

℞	<i>Dock Ointment</i> ...	} equal parts.
	<i>Pile Ointment</i> ...	
	<i>Burgundy Pitch</i> ...	
	<i>Bayberry Wax</i> ...	

Mix thoroughly with gentle heat, spread a piece upon linen cloth, and apply to the sore, changing it occasionally for the poultice. The following mixture should be taken throughout the day, and continued for some time :

℞	<i>Fluid Extract Galium Aperinae</i> ...	1 ounce.
	<i>Fluid Extract Rumex Crispis</i> ...	1 ounce.
	<i>Fluid Extract Stillingia Sylvatica</i> ...	$\frac{1}{2}$ ounce.
	<i>Fluid Extract Phytolacca Decandria</i>	$\frac{1}{2}$ ounce. Mix.

Dose.—One teaspoonful three times a day, in a decoction of *Sarsaparilla*.

BOILS, ABSCESS, AND ULCERATED LEGS,

May be treated in the same manner. Apply the poultice, and change it as often as it becomes dry. In old, foul, ulcerated legs, great benefit will be afforded by steaming them every night with a steam or vapour bath, medicated with *Wormwood*, *Tansey*, and *Ground Ivy*; hold the leg over the boiling herbs, and keep in the steam by surrounding the leg and vessel containing the herbs, with a blanket. If the discharge is very considerable, or attended with a bad smell, apply a little *Tincture of Myrrh*, on lint, to the part, once or twice a day. This will cause a little smarting at first, but will greatly facilitate the healing process. Persons suffering from scrofulous affections must be prepared to take a long course of medicine. The entire system being contaminated with impurities, it must, as a matter of course, require time to purify the same. As a general purifier of the blood, the following will be found exceedingly effective, and should be taken for several months in succession.

COMPOUND PURIFYING MIXTURE.

R	<i>Best Jamaica Sarsaparilla</i>	1 lb.
	<i>Burdock Roots</i>	$\frac{1}{2}$ lb.
	<i>Common (or Red) Dock Roots</i>	$\frac{1}{2}$ lb.
	<i>Bitter Sweet Bark</i>	$\frac{1}{4}$ lb.
	<i>Black Adder Bark</i>	$\frac{1}{4}$ lb.
	<i>English Rhubarb Root</i>	2 ounces.
	<i>Liquorice Root</i>	1 ounce.

Bruise the roots, and simmer gently altogether for 24 to 36 hours, in three gallons of water down to two. Strain, and take half a pint or more daily.

P S O R A — I T C H .

This is a disease of the skin, and appears in little watery pimples, about the wrists, arms, legs, and between the fingers, attended with intolerable itching and burning heat, which is always worse when approaching a fire, or when warm in bed.

Treatment.—The cure consists in cleanliness more than in physic. Well wash the body all over every morning, with a strong decoction of *Water Dock roots*, and apply the *Compound Dock Ointment* freely every night. If there is a tendency to scorbutic humour in the blood, it will be more irritating, and worse to cure. In such cases, the *Compound Purifying Mixture*, as recommended for scurvy, should be taken freely.

BLEEDING AT THE NOSE.

This may arise from a determination of blood to the head, or from external violence rupturing the blood vessels of the nose.

Treatment.—Drink freely of *Cayenne Tea*, put the feet in warm water, and hold up the hands above the head, and it will soon cease.

BLEEDING FROM THE STOMACH AND LUNGS.

Is sometimes the result of over-lifting, or from violent cough. It should be treated as follows :

Treatment.—Make a strong decoction of *Crane's-bill*, and *Witch Hazel*. To every wineglassful of which add a teaspoonful of *Tincture of Myrrh*. Three or four doses a day will generally relieve it. Take also, *Composition* and *Comfrey Tea* for some little time.

NERVOUSNESS.

This troublesome affection is the result of dyspepsia, torpid liver, and other derangements causing depression of the nervous system. The various symptoms experienced by nervous persons are often more imaginary than real, but none the less distressing to the patient, who is harrassed with the most horrid forebodings of evil, and is in constant fear of death. Every trifling pain, or unpleasant feeling is magnified into something very alarming—keeping his poor mind in a state of turmoil, fear, and apprehension—and he imagines that he has something alive within him, or creeping under his skin, in various parts of his body. Whatever ailments another person may complain of, he is sure to fancy he is affected with the same. He dreads to retire to bed at night, lest something awful should happen to him during his sleep—which is usually disturbed by frightful dreams and nightmare. The patient is also troubled with pains in the head, flushing heats and cold chills, dimness of sight, oppression of wind in the stomach and bowels, fluttering at the heart, a sense of internal weakness, loss of memory, faint sweats, low spirits, and great debility.

Treatment.—The cure consists in restoring the general health, and imparting vigor to the nerves. A cold shower bath should be taken every morning, followed by friction with a coarse cloth, and plenty of exercise in the open air, change of scene, and cheerful company. The mind should be kept constantly occupied upon agreeable and amusing subjects, and not allowed to dwell upon abstruse or puzzling questions, or anything that calls for great concentration of thought, but rather the light and trifling. The diet must be light and of easy digestibility. Let the bowels be regulated with *Compound Chamomile Pills*, two or three of which may be taken every night; take also the

TONICO-NERVE MIXTURE.

℞	<i>Fluid Extract Valerian Officinalis</i> ...	1 ounce.
	<i>Fluid Extract Macrotys Racemosa</i> ...	1 ounce.
	<i>Fluid Extract Hydrastis Canadensis</i> ...	$\frac{1}{2}$ ounce.
	<i>Nerve Drops</i>	$\frac{1}{2}$ ounce. Mix.

Dose.—From one to two teaspoonfuls in a tea of *Hops*, three times a day. The following granules will be found of great service in cases attended with restlessness, irritability, and loss of sleep; and may be taken every night at bed time:

NERVINE GRANULES.

℞	<i>Lupulin</i>	20 grains.
	<i>Scutellarin</i>	10 grains.
	<i>Cypripedin</i>	10 grains.
	<i>Solid Extract Valerian & Hyoscyamus</i>	5 grains each.

Mix and divide into 40 granules.

Dose.—From two to four. The *Nerve Pills*, *Motherwort Pills*, *Compound Pills of Black Cohosh*, *Compound Pills of Hyoscyamus &c.*, may be taken with great advantage in the various affections of the nervous system, (see *Formulæ* at the end.)

CHOREA SANCTI VITI—ST. VITUS'S DANCE.

This is a convulsive nervous affection, chiefly confined to young persons. It is attended with spasmodic twitching, and jerking of the muscles of the face and limbs, causing the patient to undergo a variety of distorted actions, over which he has no control. St. Vitus's dance arises from an irritability of the nervous system, general debility, and deranged state of the digestive organs.

Treatment.—Cleanse the stomach and bowels with the *Chamomile Pills*, and strengthen the nerves by using the *Tonico Nerve Mixture*, as in the preceding chapter; and give also the *Tonic Bitters* and *Dyspeptic Mixture* as the case may require. The following case strikingly illustrates the peculiarity of this disease, and the power of the *Eclectic Botanic Remedies* over the same. It is now nine years since the circumstances of the case came under our notice; the children have become young men, and remain perfectly well up to the present time.

“Weston Favell, Northampton, Jan. 17th, 1853.

“DEAR SIR,—I beg to return you my sincere thanks for your kind attention to my two children, Charles and David Luck (twins), aged eight years. In November, 1850, they were attacked with that most distressing disorder St. Vitus's Dance. So violent was the attack that they were unable to hold a joint or limb still, their legs, arms, and heads being constantly in motion; one of them being unable to speak so as to be understood, for about five weeks; he was blind, kept to his bed, and was quite incapable of helping himself. But by persevering with your “*Medico Botanic Medicine*,” and strictly attending to your directions for the space of four months, I am happy to say that a perfect cure has been effected; they have not had the least symptom of a relapse, and are at this time as well as ever they were in their lives. “I am, Sir, yours very gratefully,

“DR. BLUNT,

“NORTHAMPTON.”

“JOHN LUCK.

NEURALGIA, OR TIC-DOLOREUX.

This is one of the most agonizing disorders that “flesh is heir to.” It is a nervous affection attended with shooting pains in the teeth, jaws, and face, one side of the nose, one eye, one ear, and one side of the head. The pain is sometimes so violent as to cause twitching of the muscles, loss of sleep, headache, and fever. Tic-doloreux, like toothache, and other nervous affections often arises from a foul stomach, decayed teeth, and violent colds. An ingenious Frenchman gives the following description of “Tic” viz.—“Place your big toe in a vice, and screw up the vice until the pain becomes unbearable, that's *Rheumatism*; give the screw one turn more, that's *Gout*; now, give it another turn, that's *Tic*; evidence, we think, quite conclusive, and one we have no desire to call into question by experiment.

Treatment.—Give a few doses of the *Hepatic Pills*, and apply a poultice of *Warm Hops* to the face, or the *Aconite Plaister*. If the stomach is foul, give a *Lobelia Emetic*, which usually affords immediate relief. We have also known a *Vapour Bath*, followed by the *Tonic Nerve Mixture* to be very effectual in removing this disease. Should it, however, prove obstinate, give the *Anti-spasmodic Tincture*, and *Nerve Drops*, in teaspoonful doses in *Sculleap Tea*, three or four times a day. Give also the *Tic Pills*, and other nerve remedies, recommended in nervousness, as most appropriate to the case; after the disease is subdued, take a course of *Tonic Bitters*.

PALPITATION OF THE HEART.

Persons of a weak, nervous temperament are frequently subject to palpitation of the heart, especially those who suffer from dyspepsia, disordered liver, consumption, &c. It may be brought on by anything that causes great excitement, as unexpected joy, excessive grief, sudden frights, &c. It may also arise from over exertion, carrying heavy weights, hurrying up hill, up stairs, &c. It is attended with violent beating or fluttering of the heart, intermittent pulse, a sense of suffocation in the throat, difficulty of breathing, voiding large quantities of pale urine, and nervousness. Structural, or organic disease of the heart is attended with *Hypertrophy*, (enlargement,) *Ossification*, (turning into bone,) thickening of the valves, &c., for which but little help can be afforded. The majority of heart affections, however, are functional, and with proper care may be removed.

Treatment.—Whatever form of disease of the heart a person may be suffering under, it is highly important to keep very quiet, and as free from all excitement as possible. Let the stomach, liver, nerves, and general health be attended to, and the following mixture given:

℞ <i>Fluid Extract Valerian Officinalis</i> ...	1 ounce.
<i>Anti-spasmodic Drops</i>	$\frac{1}{2}$ ounce.
<i>Nerve Drops</i>	$\frac{1}{2}$ ounce. Mix.

Dose.—One teaspoonful every three hours in a strong tea of *Motherwort*. Two of the following pills should also be given every night at bed time, to quiet the heart:

COMPOUND MOTHERWORT PILLS.

℞ <i>Solid Extract Motherwort</i>	2 drams.
<i>Solid Extract Hops</i>	2 drams.
<i>Solid Extract Henbane</i>	1 dram.

Mix, and divide into 120 pills. If the bowels are costive, relieve them with the *Compound Chamomile Pills*.

After the above medicines have been administered for a short time, they may be changed for the following :

TONIC MIXTURE.

R	<i>Tincture Peruvian Bark</i>	1 ounce.
	<i>Tincture Gentian Root</i>	$\frac{1}{2}$ ounce.
	<i>Fluid Extract Skullcap</i>	$\frac{1}{2}$ ounce.
	<i>Salacin</i>	1 scruple.
	<i>Spring Water</i>	14 ounces. Mix.

Dose.—A small wineglassful three times a day.

DISEASES OF FEMALES.

From the age of twelve to sixteen, the female constitution undergoes a complete change; it being what is usually called the age of puberty—the time at which the first catamenial discharge takes place—constituting the most critical period in the life of the fairer part of creation. Her future health depending upon its due and proper appearance; consequently, mothers, who *are* solicitous for the welfare of their daughters, *will* watch over them with more than ordinary care and anxiety during this period of their existence.

When this change does not take place within the usual time, the young person becomes affected with *Chlorosis*—green sickness, or retention of the menses,—she loses her health and spirits, her appetite fails, her countenance becomes pale, and in some instances assumes a greenish hue; her ancles swell, and she complains of pain in the back and loins; often sighing, and has palpitation of the heart; her pulse becomes quick and feeble, she is dull and sluggish, and greatly fatigued upon the least exertion; a short, dry, hacking cough takes place, which is frequently the forerunner of consumption.

When this catamenial function has once been established, it is liable, from cold and other causes, to become obstructed, under which circumstances it is called *Amenorrhœa*, suppression, or obstruction of the menses; and if it is allowed to continue for any length of time, the blood which should have passed off by the *uterus*, being determined to other parts, gives rise to hæmorrhage from the nose, lungs, stomach, &c. With some females, although the menstrual flux returns at the proper period, yet it is in such small quantities, and is so exceedingly painful that it comes under the denomination of disease, and is in consequence called *Dysmenorrhœa*, or painful menstruation. On the other hand, some females are subject to a too frequent return of the uterine evacuation, which at the same time is too abundant, and therefore called *profuse* or excessive menstruation. If the person thus affected is of full habit, young, and otherwise strong

and healthy, this will not materially affect her; but should she be delicate and of spare habits, it cannot be suffered to continue long without serious injury to her general health and constitution.

Treatment.—It matters not from which of the above forms of disease a female may be suffering, it is evident that she is not in health; the treatment therefore must be directed to, and regulated according to the nature of the affection under which she is labouring.

Is it *Chlorosis* or suppression that she is suffering from? If so, in all probability it arises from indigestion, through which the system has become weakened, and the *uterus* disabled from performing its natural functions. Consequently, the patient should be treated for a short time according to the directions given under the head, *Dyspepsia*. The feet should be put in warm mustard and water every night at bed time, and the bowels regulated by taking, occasionally, a dose or two of gentle *Alotic Pills*, after which the following mixture may be taken:

FEMALE CORRECTIVE MIXTURE.

℞	<i>Fluid Extract Helonias Dioica</i>	1 ounce.
	<i>Fluid Extract Tanacetum Vulgare</i>	1 ounce.
	<i>Tincture of Myrrh</i>	1 ounce.
	<i>Essence of Pulegii</i>	$\frac{1}{2}$ ounce.
	<i>Essence of Ruta</i>	$\frac{1}{2}$ ounce. Mix

Dose.—One or two teaspoonfuls three times a day, in a strong tea of *Mugwort*. In cases of *Amenorrhea*, or obstructed menstruation, the same treatment may be adopted, with the addition of a *Lobelia Emetic*, and *Vapour Bath* once a week; and, instead of putting the feet in mustard and water, let the patient for a few nights prior to, and during the time of the expected change—which may be known by the aching pains in the back, flushing heats in the face, head-ache and stiffness about the hips,—get one handful each of *Tansey*, *Wormwood*, *Featherfew*, *Mugwort*, and *Chamomile Flowers*; boil them in a gallon of water for a short time, throw them altogether, boiling hot, into a large pan, and stand over the steam for ten or fifteen minutes, just before going to bed.

The reproductive organs of the female are extremely liable to rheumatic and neuralgic affections, and this is frequently the case with females who are troubled with *Dysmenorrhœa*, or painful menstruation. Those who thus suffer, will do well to adopt the foregoing treatment—steaming, &c. Take one or two of the *Compound Motherwort Pills*, night and morning; and as a direct remedy to act upon the *uterus*, the following:

UTERINE CORRECTIVE POWDER.

℞	<i>Caulophylin</i>	8 grains.
	<i>Macrotin</i>	8 grains.
	<i>Helonin</i>	8 grains.
	<i>Sugar of Milk</i>	2 drams.

Mix and divide into twelve powders, one to be taken every four hours. Should the above powder fail in giving the desired relief after a few days' trial, let the following granules be substituted :

℞	<i>Cypripedin</i>	8 grains.
	<i>Macrotin</i>	8 grains.
	<i>Lupulin</i>	8 grains.
	<i>Solid Extract Hyoscyamus</i>					12 grains. Mix.

Divide into 24 granules. Dose—2, night and morning.

In profuse menstruation, it will be necessary to adopt a somewhat different course of treatment. The patient must not, however, neglect to attend to the general health.

The *Female Restorative Powder* should be freely taken, and *Raspberry Leaves*, *Red Archangel*, *Burnet* and *Agrimony*, in equal proportions, cut up together, and used morning and afternoon, instead of tea and coffee. Take also the following :

UTERINE TONIC.

℞	<i>Fluid Extract Geranium Maculatum</i>	...	1 ounce.
	<i>Fluid Extract Spirea Ulmaria</i>	...	1 ounce.
	<i>Fluid Extract Hamamelis Virginiana</i>		1 ounce.
	<i>Tincture of Myrrh</i>	...	1 ounce. Mix.

Dose.—One teaspoonful four times a day, in *Raspberry Leaf Tea*.

The diet must be light, and the patient must in no wise take strong stimulants, nor wear too many clothes about the hips.

HYSTERITIS, OR HYSTERICIS,

Is a disorder to which some young females of a nervous temperament are frequently subject. It arises in most cases from errors in diet, over indulging the appetite, &c. It is generally more or less connected with some functional disorder of the *uterus*, as obstruction of the menses, &c. All that is required to remove it, is to take a cold bath every morning, and exercise in the open air; regulate the bowels, take an *Assafetida Pill* night and morning, and occasionally take a tea of *Scullcap*, *Valerian*, or *Hops*.

LEUCORRHÆA AND PROLAPSUS UTERI—FLUOR ALBUS OR WHITES, & FALLING OF THE WOMB.

Among the many distressing disorders to which the fair sex are liable, there is none more prevalent than *Fluor Albus*, which is a discharge of white, yellowish or greenish mucus from the membrane lining the genital organs. Persons of a sanguine temperament, and also those of indolent and uncleanly habits are especially predisposed

to it, while, on the other hand, among the poor, getting up too soon after confinement, or long protracted labours, are among the exciting causes of this disease.

Prolapsus Uteri, or falling of the womb, is a very distressing malady, to which weakly females are commonly subject, arising generally from the causes above-named. It is more especially prevalent among those who have borne large families, and have suffered much from the want of the ordinary comforts during the time of their confinements. Excessive venereal indulgences, and wearing too many warm clothes about the hips are also a fruitful source of female weaknesses.

Treatment.—As far as possible, remove all exciting causes, and attend to the general health. Wash all over, especially about the loins and hips, with vinegar and water, every morning. Take the *Female Restorative Powder*, and *Mixture*, as recommended for excessive menstruation, and also use—with a glass syringe—(*per vaginam*) an injection made of *Witch Hazel*, or *Crane's-bill root*. In cases accompanied with loss of temperature, cold hands and feet, take the following mixture :

℞	<i>Fluid Extract Xanthoxylum</i>	1 ounce.
	<i>Fluid Extract Angelica</i>	1 ounce.
	<i>Tincture of Peruvian Bark</i>	1 ounce.
	<i>Tincture of Capsicum</i>	20 drops. Mix.

Dose.—One teaspoonful in water, twice or three times a day.

EPILEPTIC FITS, OR FALLING SICKNESS.

This distressing malady occurs in paroxysms, and in most cases takes place so suddenly that the patient falls to the ground without a moment's warning. It is attended with a loss of sense, accompanied with violent convulsions of the whole system; the hands are firmly clenched, there is frothing at the mouth, and moaning. The urine and fæces pass off involuntarily; after the return of consciousness the patient feels languid and sleepy. Epilepsy arises from violent affections of the nervous system, blows upon the head, sudden frights, worms in the stomach and bowels, stoppage of the natural evacuations, &c.

Treatment.—Ascertain the cause if possible, and treat the case accordingly. If there are symptoms of worms, give the *Vermifuge Powders*. If the patient is a female, and the fits arise from some functional disorder of the sex, refer to the chapters on the Diseases of Females, and give the remedies as prescribed. Attend to the state of the bowels, and for the fits give the following :

EPILEPTIC MIXTURE.

R	<i>Fluid Extract Artemesia Vulgare (the root)</i>	1 ounce.
	<i>Fluid Extract Macrotys Racemosa</i>	1 ounce.
	<i>Anti-spasmodic and Nerve Drops, each</i> ...	$\frac{1}{2}$ ounce. Mix.

Dose.—One or two teaspoonfuls, according to age, three times a day. Epilepsy sometimes arises from mal-formation of the brain, or from the skull having been injured by falls, &c.: in such cases medicine is of no use.

BURNS AND SCALDS.

As soon as possible after the accident, cover the parts over with *Slippery Elm powder* to keep them from the air, or keep them constantly wet with a *Liniment* composed of equal parts of *Lime Water* and cold drawn *Linseed Oil*; which will soon relieve them. If the parts have become raw through the blisters having been broken, apply the *Slippery Elm Poultices* and the *Burn Salve*.

EAR-ACHE.

Is occasioned by exposure to cold and dampness, especially from getting wet feet. Steam the ear with a decoction of *Wormwood* and *Poppy Heads*, and apply a few drops of *Tincture of Myrrh*, on wadding to the ear.

TOOTH-ACHE.

Apply equal parts of *Anti-spasmodic Drops*, *Tincture of Cayenne*, and *Nerve Drops*, on wadding, to the tooth. If the stomach is foul take a *Lobelia Emetic*, and regulate the bowels with the *Compound Podophyllin Granules*.

DISEASES OF CHILDREN.

There are many little ailments to which children are subject that *Mothers*, with a little care and attention, might easily remove, and save all the trouble and expense of sending for the family doctor, who often does more harm than good in such cases. One doctor once remarked that he would rather be horse-whipped than sent for

to attend a child, "For," said he, "I can neither tell what is the matter, nor what to do with it." Children are often troubled with acidity, gripes, flatulency, green stools, diarrhœa, or looseness, which, in most cases, may be traced to the "little darling" having taken cold in its stomach and bowels, or from some error in the diet of its mother. Very little, and very simple is the medicine required in such cases. Let mothers be careful of their own diet, avoiding all acrid substances, high-seasoned food, and stimulating drinks. Then trifling will be the ailments of their little ones. If at any time a corrective medicine is required, make the following :

INFANTS' SOOTHING CORDIAL.

R	<i>English Rhubarb Root</i>	2 ounces.
	<i>Anise and Carraway Seeds, each</i>			$\frac{1}{2}$ ounce.
	<i>Cinnamon Bark</i>	$\frac{1}{4}$ ounce.

Gently simmer altogether in a pint of water down to half; strain it upon half a pound of lump sugar; gently simmer again for five minutes, and set it aside to cool. When cold, add to it one ounce of *Tincture of Rhubarb*, and one teaspoonful of *Essence of Peppermint*, and bottle it for use. From half to a teaspoonful may be given three or four times a day, in *Pennyroyal Tea*. Should the bowels be costive, give once in the course of the day, 5 or 6 grains of the *Lactinated Podophyllin*, in a dose of the *Cordial*. If the child is relaxed, give one grain of *Geranin*, in a little *Sugar of Milk*, once, twice, or three times a day. *Raspberry Leaf Tea*, sweetened, may also be freely given to the child to drink. In nine cases out of ten, this is all that will be required, in affections of this nature.

MUMPS.

Sometimes called falling down of the almonds of the ears. It is a painful affection, attended with inflammation and swelling of the sub-maxillary and paroted glands, situated in the neck, and at the angle of the jaws. The mumps arise from getting wet feet, sitting on the damp ground, &c.

Treatment.—Apply poultices of *Wormwood* and *Chamomile Flowers* to the part affected; bathe the feet in warm water, and give the *Infants' Soothing Cordial*. Sometimes youths and adults are troubled with this affection; in such cases, treat it as common cold, apply the poultice, and also the *Compound Myrrh Liniment*.

HOOPING-COUGH.

This cough is attended with a peculiar shrill crowing, or whooping sound. It occurs but once in the same person, and is generally confined to children.

Treatment.—An emetic of *Acid Lobelia* should be given every day or two; and the *Cough Mixture*, (page 68,) taken in teaspoonful doses, three or four times a day. The Mouse Ear, (*Hieracium Pilosella*,) or the syrup of it, is excellent in this disorder.

CHILBLAINS.

These are inflammatory swellings on the hands, feet, nose, ears, and lips, attended with pain and itching, and usually prevalent during severe frosty weather.

Treatment.—Apply *Tincture of Myrrh*, salt and water, *Spirits of Camphor*, *Spirits of Turpentine*, or *Tincture of Prickly Ash*. If they have become broken, apply the *Slippery Elm Poultice* and *Healing Salve*.

CONVULSIONS IN CHILDREN.

Let the child be immediately wrapped up in a wet blanket as hot as it can be borne, and give from five to ten drops of the *Anti-spasmodic drops* in sweetened water, every ten or fifteen minutes. Give also freely of *Pennyroyal Tea*. After the convulsions have subsided attend to the child's health.

SCALD, OR SCABBED HEAD, SORES BEHIND THE EARS, &c.

These arise from impurity of the blood, and to remove them a course of *Alterative Medicine* must be persevered in for some time. The parts must be kept clean with soft soap and water, and *Slippery Elm Poultices* applied to the sores. Apply also the *Scrofula Salve*, (see page 87,) and give half a tablespoonful of the *Alterative Syrup* three times a day to a child of five or six years, increasing the dose according to age.

RING WORM AND SHINGLES.

Apply the juice of the great celandine, (*Chelidonium Majus*) or the *Ringworm Ointment*, three or four times a day. The shingles may be removed by three or four applications of *Oil of Wheat*.

CHICKEN POCK AND NETTLE RASH.

All that is required in these forms of disease is to correct the stomach and bowels, for which the *Infants' Soothing Cordial*, and *Purifying Syrup* will be sufficient. The dose regulated according to age.

CROUP.

Croup is a very alarming disease, characterized by a peculiar whistling kind of cough, and difficulty of breathing; the mucous membrane of the bronchi becomes greatly inflamed, and coated with with a tenacious coagulated lymph, which impedes the breathing, and if not relieved, will prove fatal in a few hours.

Treatment.—Immerse the feet immediately in hot water, and raise the perspiration as quickly as possible; the *Acid Lobelia* must be given in teaspoonful doses every few minutes, in *Pennyroyal Tea*, until vomiting freely ensues. If this does not remove it in a very short time, give *Syrup of Cayenne Pepper*; this rarely fails to cure it in a few hours. It is a pungent remedy, but where life is at stake, active means must be used.

RUBEOLA—MEASLES.

This is a form of disease that is generally confined to children, and is first observed by the appearance of a thin watery discharge from the eyes and nose; dry, hoarse cough; redness of the eyes; vomiting, sneezing, offensive breath, coated tongue, and fever. In two or three days after the attack, an eruption appears on the forehead, face, and arms, extending over the whole surface of the body, in the form of small red spots, which soon coalesce and run into irregular patches. In three or four days more the redness becomes paler, and the eruptions peel off in dusty scales and disappear.

Treatment.—Let the patient be kept moderately warm, and give *Ginger, Pennyroyal, Saffron, or Marigold Tea*. Regulate the bowels by giving occasionally a few grains of the *Lactinated Podophyllin*, in a teaspoonful of the *Infants' Soothing Cordial*. This disease, like small pox and scarlet fever, if not fully developed and thrown off, is apt to leave the system loaded with impurities, to counteract which, give the *Infants' Purifying Syrup* for a few weeks.

VARIOLA—SMALL-POX.

There are two forms of small-pox, the distinct and confluent. In the distinct, the pocks are more defined, and separated from each other, large, and fewer in number: while in the confluent species, the pocks are usually very numerous, and coalesce, or run one among another, in bad cases they appear in one entire mass, and are very dangerous.

The symptoms of small-pox are a weight, and heaviness in the head, accompanied with extreme lassitude and aching in the back and limbs. About the third or fourth day, small red spots are observed

about the mouth, having the appearance of flea bites, others soon make their appearance about the forehead, arms, and other parts of the body, by degrees they rise into small pimples, and about the fifth or sixth day a small vesicle containing an almost colourless fluid, is noticed on the top of each pimple. For two or three days these vesicles increase in breadth only. About this stage of the disease there is an indentation, or pit at the top of each vesicle, which is a peculiar characteristic of small pox, and sufficient to distinguish it from any other form of eruption, it never occurring except in this disease. As the pustules increase in size, the face swells, the eyes close, and the patient becomes blind; by degrees the pustule turn opaque and cloudy, then white, and ultimately of a yellowish color. On the eleventh day, the swelling of the face abates, and the pustules seem quite full. When the swelling in the face and head subsides, the hands and feet begin to swell. On the top of each pustule a dark spot appears, and at this spot, about the twelfth day, the pock breaks, and a portion of the matter oozes out: in consequence of which, the pustule is shrivelled up and subsides; while the matter oozes out, dries, and forms a crust upon the surface.

Treatment.—The remedial means adopted in the treatment of small pox, must be regulated according to the age of the patient. In cases of young children gentle means must be employed similar to those recommended for measles. A moisture must be kept upon the skin in order to develop the pock. A hot bottle should be put to the feet; and warm milk, *Pennyroyal Tea*, and other warm drinks freely administered. Give each day one teaspoonful of the *Infants' Soothing Cordial*. After the disease has turned, give a few gentle doses of the *Lactinated Podophyllin*, followed by the *Infants' Purifying Syrup*, which should be taken for two or three weeks. In adults let the same method be adopted, but stronger means employed. Gentle diaphoresis must be maintained throughout the whole course of the disease. *Composition Tea* should be freely given; and, if necessary, a hot brick applied to the feet. *Strong Vervain Tea* given freely at the commencement of small pox will *neutralize* the *virus*, and render the disease comparatively mild. The bowels should be relieved, but *not* purged, especially when the pock is coming to maturity. After the turn, physic should be given freely, *Castor Oil* being in this case the best. When the fever runs high, and the skin hot and swollen, the patient restless and irritable, great relief will be afforded by sponging the body all over with tepid vinegar and water; sponge one arm, one leg, or one other portion of the body at once. This will soften the skin, assist the development of the pock, and greatly comfort the patient. *Raspberry vinegar* and *water* may occasionally be given to drink; this will greatly allay the thirst, and prove very refreshing. In severe cases, the greatest danger exists just upon the turn of the pock, especially when the throat is much loaded, and accompanied

with symptoms of putrescency. In such cases the strength must be supported, and where there is great difficulty of swallowing, injections, consisting of beef tea, mutton broth, &c., must be given; and, to counteract the putridity, give a tablespoonful of brewers' yeast and refined charcoal, two or three times a day. Give also *Tincture of Myrrh*, *Peruvian Bark*, *Quinine*, &c. After the disease has turned, annoint the surface with *Neat's-foot Oil*, or *Slippery Elm Tea*, which will allay the itching, and prevent the pitting. The *Purifying Mixture* should be taken for a week or two.

SCARLATINA—SCARLET FEVER.

This contagious disease is denominated Scarlatina, from the bright scarlet colour of the eruptions that appear upon the body. Like other kind of fevers, it is ushered in with shivering, cold chills, head-ache, nausea, vomiting, thirst, hot dry skin, accelerated pulse and fever; there is also, difficulty of breathing; the eyes are red and swollen; blotches of a fiery redness appear on the face, breast, and arms, which soon become diffused over the whole surface until the body is covered with a uniform red color.

In some cases scarlet fever appears in a very mild form, and goes off in a few days, causing but little trouble, while in others it is exceedingly violent, and attended with typhoid symptoms and putrid sore throat. Under the old-school treatment, this form of disease generally proves very fatal.

Treatment.—Gentle diaphoresis must be maintained throughout the disease. This may be accomplished by giving freely of a tea made of *Pennyroyal*, *Angelica*, or *Sage*, well sweetened. *Camphorated Oil*, or the *Capsicum Liniment* should be applied on flannel to the throat, and a gargle of blackberry leaves (*Rubus Vilosus*), sweetened with honey, freely used. The bowels must be regulated with the *Compound Lactinated Podophyllin*, see page 61. Dose, about as much as will lay upon a fourpenny piece, given in honey, every day or two; bathe the surface two or three times a day, with tepid vinegar and water. Should the fever run very high, give the following mixture:

℞	<i>Tincture Veratrum Viride</i>	4 to 6 drops.
	<i>Infants' Soothing Cordial</i>	1 ounce. Mix.

Dose.—One teaspoonful every three hours, until the pulse is considerably reduced. If great thirst prevails, let the patient drink freely of *Balm-Tea*, or *raspberry vinegar* and *water*. Having subdued the fever, restore the strength with nourishing broths, and for a short time give the *Alterative Syrup* to purify the blood,

VERMES — WORMS.

There are three kinds of worms that usually infest the human system, viz.: the (*Ascarides*,) small round worms, commonly lodged in the rectum; the (*Teres*) long round worms of the stomach and small intestines; the (*Tœnia*) tape worm, a broad flat worm, composed of joints, and found from a few inches to 20 or 30 feet in length. The symptoms usually observed in a person subject to worms are griping pains in the bowels, voracious appetite, foul tongue, and disagreeable breath in the morning. There is also a dry cough, and frequently epileptic fits. Children, troubled with worms, grind their teeth, pick their nose, and talk in their sleep. There is a dark circle round the eyes, loss of flesh, peevishness, and sometimes diarrhœa.

Treatment.—In the first place, remove the worms with the following:

VERMIFUGE POWDER.

℞	<i>Podophyllin</i>	10 grains.
	<i>Tansey Flowers and Senna</i> , each...					20 grains. Mix.

Divide into six or eight powders, according to the age of the child, and give one in a little honey or jam, every other morning, fasting. An adult may take the above powder in two or three doses, in the same manner. After the removal of the worms, means should be used to prevent their return, by taking a mixture, composed of some or all of the following Herbs: *Bogbean, Centaury, Tansey, Rue* or *Wormwood*, made into syrup or otherwise, and given according to age and circumstances.

PART III.

Pharmaceutical Formulæ.

The vegetable kingdom is the great storehouse of nature, from which the Botanic Materia Medica is selected. Every plant possesses within itself some *specific*, or general principle upon which its therapeutical action depends, and the various forms in which they are prepared as medicines, gives rise to differences of opinion as to the most effective means of administration, the remedial properties of each plant being due to one or more active principles; the *preservation* of which, in an unaltered state, capable of fulfilling the conditions of their administrations without disappointing the expectations of the prescriber, has been the aim of the writer of this work, in preparing the Formulæ presented throughout its pages; and which, he trusts, will be found equally acceptable for the use of general and domestic practitioners. As many of the active (medicinal) principles of plants are of a volatile nature—easily evaporated—and rendered comparatively inert by the application of *heat*, we have fitted up apparatus for obtaining their properties in the form of Concentrated Fluid Extracts, by percolation and displacement, *without* heat, by which means we secure the activity of the plant, in a concentrated form, without impairing its virtues.

By the use of these fluid extracts, the unnecessary bulk of infusions, the uncertainty of decoctions, and the stimulating effects of many tinctures are avoided. They are also with greater facility absorbed into the system, require little or no digestion, and where immediate effect is required, they are the best form of medicine that can be employed.

The ALKALOIDS and RESINOIDS are Positive Medicinal Active Principles, holding the same relation to the plants from whence they are obtained, that the Quinine does to the Peruvian Bark. They are a most efficient form of preparation; and, in consequence of the minuteness of the dose, they are easily administered; being Lactinated, or rubbed up, with Sugar of Milk, children will take them most readily a—*desideratum* long felt in the practice of medicine.

SOLID or PILULAR EXTRACTS are fluid extracts, subjected to evaporation at a low temperature in *vacuo* to a pilular consistence, and by further drying to a solid form, and powdered, they represent the medicinal constituents of the plants, in a highly concentrated state, and being combined with the Alkaloids and Resinoids in the form of pills or granules, they constitute a convenient mode of exhibiting powerful remedies in small doses.

LIST OF DOSES

OF THE

SOLID OR PILULAR AND FLUID EXTRACTS,

ALKALOIDS AND RESINOIDS,

CONCENTRATED MEDICINAL COMPOUNDS.

LACTINATED POWDERS, PILLS, GRANULES, &C.,

FURNISHED FOR THE CONVENIENCE OF DOMESTIC AND GENERAL
PRACTITIONERS.

FLUID EXTRACTS.

These are prepared in the proportion of one pound of the dry material to one pint of fluid extract. Thus it will be perceived that they are eight times stronger than the best tinctures; one teaspoonful is equal to one dram, and one drop to one grain. By keeping this in mind every one will know how to use them.

These fluid extracts are readily made into syrups by combining them with simple syrups; also into gargles, fomentations, and injections, by the addition of water, vinegar, oils, &c.

The dose for children of 12 years, will be half that for adults; for six years old, one quarter; and for children of two years old, about one-sixth that for adults. This has reference to all the preparations.

ARTICLES.

DOSE.

Angelica Root (<i>Archangelica</i>)	1 to 2 drams
Avens Root (<i>Geum Urbanum</i>)	1 to 2 drams
Balmony (<i>Chelone Glabra</i>)	1 to 2 drams
Barberry Bark (<i>Berberis Vulgare</i>)	1 to 2 drams
Bayberry (<i>Myrica Cerifera</i>).....	1 to 2 drams
Bistort (<i>Polygonum Bistorta</i>).....	$\frac{1}{2}$ to 1 dram
Bitter Root, (<i>Apocynum Androsemaefolium</i>)	10 drops to 1 dram
Bitter Sweet (<i>Solanum Dulcamara</i>)	$\frac{1}{2}$ to 1 dram
Black Alder (<i>Prinos Verticillatus</i>).....	1 to 2 drams
Blackberry Root (<i>Rubus Vilosus</i>)	$\frac{1}{2}$ to 1 dram
Black Cohosh (<i>Cimicifuga</i>)	$\frac{1}{2}$ to 2 drams
Blood Root (<i>Sanguinaria Canadensis</i>)	5 to 60 drops
Blue Cohosh (<i>Caulophyllum Thalictroides</i>)	15 to 40 drops
Blue Flag (<i>Iris Versicolor</i>)	20 to 60 drops
Bogbean (<i>Menyanthes Trifoliata</i>)	1 to 2 drams
Bonset (<i>Eupatorium Perfoliatum</i>)	1 to 2 drams

ARTICLES.	DOSE.
Broom (<i>Spartium Scoparia</i>)	1 to 2 drams
Buchu (<i>Barosma Crenata</i>)	$\frac{1}{2}$ to 2 drams
Burdock Root (<i>Artium Lappa</i>)	$\frac{1}{2}$ to 2 drams
Catnip (<i>Nepeta Cataria</i>)	2 to 4 drams
Cayenne Pepper (<i>Capsicum Annum</i>)	5 to 15 drops
Centaury (<i>Erythraea Centaurium</i>)	1 to 2 drams
Chamomile (<i>Anthemis Nobilis</i>)	$\frac{1}{2}$ to 1 dram
Cherry Bark, wild, (<i>Prunus Virginiana</i>)	2 to 4 drams
Cinchona Cort (<i>Peruvian Bark</i>)	$\frac{1}{2}$ to 1 dram
Cleavers (<i>Galium Aperinae</i>)	1 to 2 drams
Cloves (<i>Caryophyllum</i>)	$\frac{1}{2}$ to 1 dram
Columbo Root (<i>Coculus Palmata</i>)	20 to 60 drops
Comfrey Root (<i>Symphytum Officinale</i>)	1 to 2 drams
Cranesbill (<i>Geranium Maculatum</i>)	$\frac{1}{2}$ to 1 dram
Cubebs (<i>Piper Cubebae</i>)	$\frac{1}{2}$ to 1 $\frac{1}{2}$ drams
Culver Root (<i>Leptandria Virginiana</i>)	$\frac{1}{2}$ to 1 dram
Dandelion Root (<i>Taraxacum</i>)	1 to 2 drams
Featherfew (<i>Pyrethrum Parthenium</i>)	1 to 2 drams
Gelseminum (<i>Gelseminum Sempervirens</i>)	3 to 20 drops
Ginger (<i>Zingiber Officinale</i>)	$\frac{1}{2}$ to 1 $\frac{1}{2}$ drams
Golden Seal (<i>Hydrastis Canadensis</i>)	$\frac{1}{2}$ to 2 drams
Great Celandine (<i>Chelidonium Majus</i>)	10 to 20 drops
Hops (<i>Lupulus Officinale</i>)	$\frac{1}{2}$ to 1 dram
Horehound (<i>Marrubium Vulgare</i>)	$\frac{1}{2}$ to 1 dram
Ipecac (<i>Ipecacuanha</i>)	5 drops to 1 dram
Juniper Berries (<i>Juniperis Communis</i>)	1 to 2 drams
Lady's Slipper (<i>Cypripedium Pubescens</i>)	$\frac{1}{2}$ to 1 dram
Lobelia Herb and Seed (<i>Lobelia Inflata</i>)	10 drops to 1 dram
Male Fern (<i>Aspidium Filix Mas</i>)	$\frac{1}{2}$ to 1 dram
Mandrake, American, (<i>Podophyllum Peltatum</i>) ...	$\frac{1}{2}$ to 1 dram
Mugwort Root (<i>Artemesia Vulgare</i>)	1 to 2 drams
Parsley Piert (<i>Alchemilla Arvensis</i>)	$\frac{1}{2}$ to 1 dram
Peppermint Plant (<i>Mentha Piperita</i>)	1 to 2 drams
Pleurisy Root, (<i>Asclepias Tuberosa</i>)	$\frac{1}{2}$ to 2 drams
Poke Root (<i>Phytolacca Decandra</i>)	10 to 20 drops
Poplar Bark (<i>Populus Alba</i>)	1 to 2 drams
Prickly Ash (<i>Xanthoxylum Fraxinium</i>)	15 to 45 drops
Queen's Delight (<i>Stillingia Sylvatica</i>)	20 to 40 drops
Queen of the Meadows (<i>Spiraea Ulmaria</i>)	1 to 2 drams
Rhubarb (<i>Rheum Palmatum</i>)	$\frac{1}{2}$ to 1 dram
Rue (<i>Ruta Graveolens</i>)	20 to 40 drops

ARTICLES.	Dose.
Saffron (<i>Crocus Sativa</i>)	20 to 60 drops
Sarsaparilla (<i>Jamaica</i>)	$\frac{1}{2}$ to $1\frac{1}{2}$ drams
Sassafras (<i>Laurus Sassafras</i>)	1 to 2 drams
Scullcap (<i>Scutellaria Lateriflora</i>)	$\frac{1}{2}$ to 1 dram
Skunk Cabbage (<i>Symplocarpus Fœtidis</i>)	20 to 30 drops
Snake Root (<i>Serpentaria Virginica</i>).....	$\frac{1}{4}$ to $\frac{1}{2}$ dram
Spearmint (<i>Mentha Viridis</i>)	1 to 3 drams
Tansey, Garden (<i>Tanacetum Vulgare</i>)	$\frac{1}{2}$ to $1\frac{1}{2}$ drams
Tormental Root (<i>Tormentilla Erecta</i>)	$\frac{1}{2}$ to 1 dram
Turkey Corn (<i>Corydalis Formosa</i>)	10 to 40 drops
Unicorn Root (<i>Helonias Dioica</i>).....	1 to 2 drams
Uva Ursa (<i>Arbutus Uva Ursa</i>)	$\frac{1}{2}$ to 1 dram
Valerian (<i>Valeriana Officinalis</i>)	$\frac{1}{2}$ to $1\frac{1}{2}$ drams
Vervain (<i>Verbena Hastata</i>)	$\frac{1}{2}$ to 1 dram
Witch Hazel (<i>Hamamelis Virginica</i>)	1 to 2 drams
White Pond Lily (<i>Nymphæa Alba</i>)	1 to 2 drams
Yellow Dock (<i>Rumex Crispis</i>)	1 to 2 drams

ALKALOIDS AND RESINOIDS.

Alnuin (Tag Alder)	1 to 3 grains
Apocynin (Bitter Root)	$\frac{1}{2}$ to 2 grains
Asclepidin (Pleurisy Root)	1 to 5 grains
Baptisin (Wild Indigo)	$\frac{1}{4}$ to $\frac{1}{2}$ grain
Caulophyllin (Blue Cohosh)	$\frac{1}{4}$ to 4 grains
Chelonin (Balmony).....	1 to 2 grains
Cimicifugin or Macrotin, (Black Cohosh)	1 to 6 grains
Cornin (Boxwood)	1 to 10 grains
Corydalin (Turkey Corn).....	$\frac{1}{2}$ to 1 grain
Cypripedin (Lady's Slipper)	2 to 4 grains
Dioscorein (Wild Yam)	1 to 6 grains
Eupatorin (Boneset)	1 to 2 grains
Eupurpurin (Queen of the Meadows)	3 to 4 grains
Gelseminum (Yellow Jessamine).....	$\frac{1}{2}$ to 2 grains
Geranin (Cranesbill)	1 to 5 grains
Helonin (Unicorn)	$\frac{1}{2}$ to 1 grain
Hydrastina Alkaloid (Golden Seal)	1 to 5 grains
Hydrastin Neutral	2 to 6 grains
Hydrastin Resinoid	$\frac{1}{2}$ to 3 grains
Hyoscyamin (Henbane)	$\frac{1}{4}$ to $\frac{1}{2}$ grain
Iridin (Blue Flag)	$\frac{1}{2}$ to 5 grains

ARTICLES.	Dose.
Jalapin (Jalap)	1 to 2 grains
Juglandin (Butternutt)	1 to 5 grains
Leptandrin (Culvers Root)	$\frac{1}{2}$ to 2 grains
Liatrin (Button Snakeweed)	4 to 8 grains
Lobelin (Lobelia)	$\frac{1}{2}$ to $1\frac{1}{2}$ grains
Lupulin (Hops)	6 to 10 grains
Myricin (Bayberry)	2 to 10 grains
Phytolaccin (Garget or Poke)	$\frac{1}{4}$ to 1 grain
Podophyllin (Mandrake).....	$\frac{1}{2}$ to 3 grains
Populin (Poplar)	4 to 8 grains
Prunin (Wild Cherry Bark)	2 to 6 grains
Rhusin (Sumach)	1 to 2 grains
Rumicin (Yellow Dock)	4 to 8 grains
Salacin (Willow)	2 to 10 grains
Sanguinarin (Blood Root)	$\frac{1}{2}$ to 2 grains
Scutellarin (Scullcap)	2 to 6 grains
Senecin (Life Root)	2 to 5 grains
Stillingin (Queen's Delight).....	2 to 5 grains
Triliin (Beth Root)	4 to 6 grains
Viburnin (Cramp Bark)	2 to 5 grains
Xanthoxylin (Prickly Ash)	2 to 6 grains

SOLID AND PILULAR EXTRACTS.

Aconiti (Aconite).....	$\frac{1}{4}$ to 1 grain
Anthemidis (Chamomile)	4 to 20 grains
Apocyni Andros (Bitter Root)	2 to 8 grains
Artemisiæ (Wormwood)	3 to 5 grains
Cannabis Ind, (Indian Hemp)	1 to 2 grains
Cimicifugæ (Black Cohosh)	4 to 8 grains
Colocynthis Comp. (Colocynth)	2 to 15 grains
Conii (Conium)	$\frac{1}{2}$ to $1\frac{1}{2}$ grains
Cypripedii (Lady's Slipper).....	5 to 15 grains
Gentianæ (Gentian Root)	3 to 15 grains
Geranii Mac. (Cranesbill)	3 to 15 grains
Humuli (Hops).....	5 to 20 grains
Hydrastis (Golden Seal)	2 to 5 grains
Hysocyami (Henbane).....	$\frac{1}{4}$ to 1 grain
Iris Versicol. (Blue Flag)	1 to 4 grains
Juglandis (Butternutt)	5 to 20 grains
Lactucæ (Lettuce)	2 to 5 grains

ARTICLES.

DOSE.

Lappi (Burdock)	5 to 20 grains
Leoniori (Motherwort).....	3 to 6 grains
Marrubii (Horehound)	5 to 10 grains
Phytolacæ (Poke Root)	1 to 4 grains
Podophylli (Mandrake)	3 to 12 grains
Quercus (Oak Bark).....	10 to 20 grains
Rhei (Rhubarb)	2 to 10 grains
Rumicis Crispæ (Yellow Dock)	4 to 8 grains
Sanguinariæ (Blood Root)	$\frac{1}{2}$ to 5 grains
Sarsaparillæ Jamaica (simple)	5 to 15 grains
Sarsaparillæ Jamaica (compound)	10 to 20 grains
Stramonii (Thorn Apple)	$\frac{1}{2}$ to 1 grain
Taraxaci (Dandelion)	10 to 20 grains
Trefolii (Red Clover, used externally)	3 to 10 grains
Valerianæ (Valerian)	3 to 10 grains

NEUTRALIZING MIXTURE.

This is composed of the fluid extracts of Rhubarb and Peppermint with Soda. It is used in constipation of the bowels, acidity of the stomach, dyspepsia, piles, diarrhœa, dysentery, cholera morbus, cholera infantum, &c.

Dose.—One teaspoonful in warm water, sweetened with lump sugar; some add a little brandy. For adults, in urgent cases, take every quarter or half-hour, or every two hours, a tablespoonful.

LIVER ALTERNATIVE MIXTURE.

This is composed of the fluid extracts of Blue Flag, Mandrake, Black Root, Bitter Root, Golden Seal, and Cloves, equal parts. It is a powerful purgative in large doses. Excellent in torpor of the liver, and in bilious, typhoid, and other fevers; it is both hydragogue, and sialagogue, a good deobstruent, and much used in scrofulous and rheumatic diseases. In Chronic Hepatitis there is no superior. As an alternative, 5 to 15 drops on sugar, every night, or night and morning. For an active purge, from half to a teaspoonful.

DIURETIC COMPOUND.

This preparation is composed of equal parts of the fluid extracts of Buchu, Parsley Piert, Queen of the Meadows, Pumpkin Seeds, and Cloves. It is most excellent in all cases of strangurey, spasms of the urinary organs, scalding, irritation of the urethra and bladder, gravel, dropsical affections, and inflammation of the kidneys.

Dose.—From 15 to 30 drops, in warm tea every three or four hours.

SUDORIFIC COMPOUND.

This is composed of the fluid extracts of White Root, Virginia Snake Root, Angelica, Saffron, Nerve Root, and Camphor, in equal parts. It is a most excellent sweating mixture, and is useful in all cases where a copious perspiration is required. It allays nervous excitability, induces sleep, and keeps up cutaneous transpiration.

Dose.—From 15 to 30 drops in some warm tea, taken every half hour, aided by bathing the feet in warm mustard and water, will produce copious sweating. In smaller doses, mild diaphoresis may be produced.

FEMALES' TONIC COMPOUND.

Composed of equal parts of the fluid extracts of Hydrastis Canadensis, Caulophyllum Thalicteroides, Cimicifuga Racemosa, and Arbutus Uva Ursa. This compound is powerfully tonic in female affections, having a direct influence over the mucous membrane of the stomach, bladder, kidneys, and womb. Hence its value in leucorrhœa, menorrhœa, dysmenorrhœa, ulceration of the kidneys, bladder, and in gravel.

Dose.—From half to a teaspoonful three or four times a day, in water.

NERVE DROPS.

Prepared of the fluid extracts of Cypripedium, Scutellaria, Valerian, and Lupulus, in equal parts. This is a most valuable compound to allay irritation or excitability of the nerves, to relieve spasms, cramps, and to produce sleep in restless or excited conditions of the system.

Dose.—From ten drops to a small teaspoonful, three or four times a day.

ANTI-SPASMODIC TINCTURE, OR DROPS.

R	Skunk Cabbage	4 ounces
	Lobelia Seed	2 ounces
	Burdock Seed	2 ounces
	Scull Cap...	2 ounces
	Valerian	1 ounce
	Black Cohosh	1 ounce
	Cayenne Pepper	$\frac{1}{4}$ ounce

Infuse in five pints of Rectified Spirits of Wine, shake up every day for 14 days, then strain off, and bottle for use.

This is the most powerful preparation within the whole range of the Reformed Medical Practice; its effects are instantaneous and powerful, traversing the whole nervous system from head to foot, with the rapidity of an electric shock, and in all spasmodic affections,

suspended animation, fits, lock jaw, convulsions, tooth-ache, and cramp in the stomach, its effects exceed belief; it is most effectual in rheumatism, tic doloureux, colic, and all internal pains, paralysis, nausea during pregnancy, after pains, and as a *Partus Acceleratus*, it supersedes the Ergot of Rye.

Dose.—From 10 drops to one or two teaspoonfuls, in hot water sweetened, according to the nature of the case.

ACID LOBELIA.

℞ Lobelia Herb	8 ounces
Lobelia Seed	1 ounce
Cayenne Pepper	$\frac{1}{4}$ ounce
Boiling Vinegar	2 quarts

Infuse 14 days, and filter for use.

Dose.—One teaspoonful every ten minutes, in warm Chamomile or Composition Tea, as an emetic. Five or ten drops on sugar as an expectorant in asthma. Used also to make Compound Lobelia Syrup.

GONORRHEA MIXTURE.

℞ Best Gum Arabic... ..	2 ounces
Alcoholic Extract of Cubebs... ..	1 dram
Tincture of Lupuline	1 dram
Oil of Spear Mint	$\frac{1}{2}$ dram
Oil of Anise	$\frac{1}{2}$ dram
Canada Balsam	1 ounce

Rub up in a mortar, gradually adding simple syrup, to make sixteen ounces.

Dose.—One teaspoonful three times a day in water, or Linseed tea.

ANTI-SYPHILITIC MIXTURE.

℞ Fluid Extract of Poke Root	1 ounce
Fluid Extract Queen's Delight	1 ounce
Fluid Extract Blue Flag	1 ounce
Tincture of Prickly Ash Berries	1 ounce
Tincture of Corydalis	1 ounce
Decoction of Sarsaparilla... ..	11 ounces

This is a most efficient alterative, and is adapted to fulfil the morbid indications of disease to, perhaps, a greater extent than any other preparation.

In the treatment of syphilitic affections, it is invaluable. In strumous, cancerous, cutaneous, and rheumatic affections, and, in short, in every morbid cachexy, where a powerful alterative and depurative is indicated, it may be advantageously employed.

Dose.—From one to two teaspoonfuls, three times a day, in water.

WASH FOR SCABBED HEAD.

℞	Fluid Extract of Hamamelis Vir	...	1 ounce	
	Fluid Extract of Myrica Cerifera	...	1 ounce	
	Susqui Carbonate Potassa	...	15 grains	
	Dock Water	...	8 ounces	Mix.

Apply twice a day, after washing the head with a solution of Castile Soap.—D. E. SMITH.

COMPOSITION POWDER.

A REMEDY FOR COLDS, &c.

℞	Bayberry	...	3 lbs.	
	Best Ginger	...	1½ lbs.	
	Cloves	...	6 ounces	
	Pinus Canadensis	...	4 ounces	
	Cayenne Pepper	...	2 ounces	Mix.

A teaspoonful of this powder to a half-pint of boiling water, sweetened with lump sugar, will be sufficient for a cold, and may be taken hot every night at bed time. Prepared at half this strength it is a splendid beverage, far healthier than coffee, tea, or cocoa, if used in their stead, with the addition of milk, for breakfast and tea. Teetotalers will find the "Composition Powder" invaluable. If used to cure sore throat, hoarseness, or inflammations, a teaspoonful to a half-pint of liquid will be sufficient, sweetened and taken at bed time; it should be used, however, freely during the day, as recommended.

It is prepared by some in the form of wine. They call it in fact, "Composition Wine," or "Composition Cordial." An ounce of the powder is put into a quart jug, to which is added twelve ounces of lump sugar. The jug is then filled with boiling water, which is allowed to stand until cold. The liquid is then strained off and put into a wine bottle. This is drank as ordinary wine at any time. It is a beautiful preparation, and assists greatly to raise up the debilitated, and sustain the temperature of health; and we venture to assert that if the virtues of the simple Composition Powder were understood by the mass of the people (as they are by a few only), that, apart from the more enlarged knowledge of the uses of plants or medical botany, it would become the means of saving a great number of lives, and not only curing the diseases named, but numerous other forms of disease.

Diarrhœa may be cured by taking the Anti-Cholera Powder in the same way as the Composition.

FEMALE CORRECTIVE POWDER.

℞	Spice Bitters	...	1 lb.	
	Tansey Powder	...	½ lb.	
	Black Cohosh	...	¼ lb.	
	Unicorn Root	...	¼ lb.	Mix.

Particularly suitable in all female irregularities.

STOMACH BITTERS POWDER.

℞	White Poplar Bark	1 lb.	
	Best Ginger	1 lb.	
	Bayberry	$\frac{3}{4}$ lb.	
	Balmony	$\frac{3}{4}$ lb.	
	Cinnamon	4 ounces	
	Golden Seal	4 ounces	
	Cloves	4 ounces	
	Cayenne	2 ounces	Mix.

This an excellent remedy for indigestion, loss of appetite, bilious eructations after meals, &c.

LADIES' SPICE BITTERS.

℞	Stomach Bitters Powder	1 lb.	
	Prickly Ash Bark	$\frac{1}{4}$ lb.	
	Golden Seal	$\frac{1}{4}$ lb.	
	Cayenne	$\frac{1}{2}$ ounce.	
	Lump Sugar, finely powdered	1 lb.	Mix.

An excellent remedy for weak females during pregnancy, giving a healthy tone to the uterus, preventing vomiting, and creating appetite.

FEMALE RESTORATIVE POWDER.

℞	Bistort Root	1 lb.	
	Tormental Root	1 lb.	
	Balmony	$\frac{1}{2}$ lb.	
	White Pond Lilly Root... ..	$\frac{1}{2}$ lb.	
	Comfrey Root	$\frac{1}{2}$ lb.	
	Cloves	$\frac{1}{2}$ lb.	
	Cayenne	2 ounces	Mix.

A specific in all excessive discharges, female weakness, and general debility.

ANTI-CHOLERA, OR DIARRHŒA POWDER.

℞	Gum Catechu	1 lb.	
	Bistort Root	1 lb.	
	Tormental Root	1 lb.	
	Angelica Root... ..	1 lb.	
	Spice Bitters... ..	1 lb.	
	Best Ginger	1 lb.	
	Cloves	$\frac{1}{2}$ lb.	
	Valerian	$\frac{1}{2}$ lb.	
	Gum Myrrh... ..	$\frac{1}{2}$ lb.	
	Cayenne	$\frac{1}{4}$ lb.	Mix.

The most effectual remedy ever prepared for Asiatic cholera cholera morbus, diarrhœa, dysentery, &c.

ANTI-SPASMODIC POWDER.

R	Best Ginger	1 lb.
	Carraway Seeds	$\frac{1}{2}$ lb.
	Scull Cap	$\frac{1}{2}$ lb.
	Burdock Seed	$\frac{1}{2}$ lb.
	Valerian Root	$\frac{1}{4}$ lb.
	Lobelia Herb	$\frac{1}{4}$ lb.
	Golden Seal	$\frac{1}{4}$ lb.
	Cayenne	2 ounces. Mix.

This remedy affords immediate relief in all spasmodic affections, fits, lock-jaw, fainting, hysteria, tic doloreux, &c.

PURIFYING POWDER.

R	Yellow Dock Root	1 lb.
	Sarsaparilla	1 lb.
	Sassafras	1 lb.
	Burdock Root	$\frac{1}{2}$ lb.
	Cubebs... ..	$\frac{1}{2}$ lb.
	Bitter Sweet	$\frac{1}{4}$ lb.
	Cayenne	1 $\frac{1}{2}$ ounces. Mix.

Used for purifying the blood, removing scurvy, scrofula, &c.

DIURETIC POWDER.

R	Best Ginger... ..	1 lb.
	Parsley Root	1 lb.
	Queen of the Meadows Root	$\frac{1}{2}$ lb.
	Buchu	$\frac{1}{4}$ lb.
	Parsley Break Stone	$\frac{1}{4}$ lb.
	Uva Ursa... ..	$\frac{1}{4}$ lb.
	Sweet Fennel	$\frac{1}{4}$ lb. Mix.

An efficient medicine in all diseases of the urinary organs, pains in the back, stone, gravel, dropsy, difficulty of passing urine, &c.

The ordinary dose of the above powders is a teaspoonful to a teacupful of boiling water, well sweetened, to be repeated three or four times a day as the case may require; a little milk or cream may be added. Drink the liquor only.

LACTINATED POWDERS. No. 1.

R	Hydrastin	20 grains.
	Leptandrin	10 grains.
	Podophyllin	2 $\frac{1}{2}$ grains.
	Sugar of Milk... ..	1 dram. Mix.

Divide into twenty powders, one to be given every two hours. This acts not only as an efficient hepatic stimulant, but also as a tonic, to the enfeebled mucous membrane, in dysentery, diarrhœa, &c.

No. 2.

R	Caulophyllin	12 grains	
	Leptandrin	12 grains	
	Hydrastin	15 grains	
	Sugar of Milk	2 drams	Mix.

Divide into twelve powders, one to be taken occasionally.
Excellent in ulcerations in the mouth, throat, &c.

No. 3.

R	Macrotin	12 grains	
	Caulophyllin	12 grains	
	Helonin	12 grains	
	Carbonate of Ammonia	12 grains	Mix.

Divide into twelve powders, one three times a day. Most excellent in unhealthy conditions of the uterus, (womb,) and appendages; and also as an anti-spasmodic in epilepsy, hysteria, rheumatism, dropsy, &c.

No. 4.

R	Apocynin	12 grains	
	Leptandrin	12 grains	
	Myricin	12 grains	
	Sugar of Milk	$\frac{1}{4}$ ounce	Mix.

Divide into eighteen powders, one powder two or three times a day in jam, in hepatic torpor and costiveness.

No. 5.

R	Charcoal	1 dram	
	Geranin	3 grains	
	Leptandrin	3 grains	
	Sugar of Milk	1 dram	Mix.

Divide into twenty-four powders, one every two or three hours. Excellent in diarrhoea in children, (cholera infantum.)

PILLS.

No. 1, OR FAMILY PILLS.

R	Turkey Rhubarb	1 ounce	
	Socotrine Aloes	$1\frac{1}{2}$ ounces	
	Cayenne	$\frac{1}{4}$ ounce	
	Best Ginger	$\frac{1}{2}$ ounce	
	Golden Seal	$\frac{1}{2}$ ounce	
	Oil Carraway	20 drops	Mix.

Divide into four-grain pills, two or three at night. Useful as a general family aperient, and corrective medicine.

No. 2. HEPATIC PILLS.

℞ American Mandrake	1 ounce	
Turkey Rhubarb...	1 ounce	
Barb Aloes	$\frac{1}{2}$ ounce	
Cayenne	$\frac{1}{4}$ ounce	
Extract Dandelion...	2 ounces	Mix.

Make into four-grain pills ; two or three at night. Efficacious in bilious eructations, torpid liver, jaundice, headache, indigestion, &c.

No. 3. COMPOUND CHAMOMILE PILLS.

℞ Extract Chamomile Flowers	2 drams.	
Extract Rhubarb	10 grains	
Assafoetida	1 scruple	Mix.

Divide into sixty pills ; one or two, two or three times a day, in flatulency, dyspepsia, colic, &c.

No. 4. COMPOUND PILLS OF BLACK COHOSH.

℞ Solid extract of Black Cohosh	1 dram	
Solid Extract of Scull Cap	1 dram	
Valerianate of Quinine	$\frac{3}{4}$ dram	Mix.

Make into sixty pills.

Dose.—One every two hours. Used in nervous diseases, cholera, and fevers attended with wakefulness and restlessness. TILDEN & Co.

No. 5. COMPOUND PILLS OF LADY'S SLIPPER.

℞ Extract of Lady's Slipper	24 grains	
Extract of Hops	24 grains	
Extract of Lettuce	8 grains	Mix.

Divide into twelve pills ; one or two occasionally to allay excitability of the nervous system, and induce sleep.

No. 6. COMPOUND PILLS OF HYOSCYAMUS.

℞ Solid Extract of Hyoscyamus	2 drams	
Solid Extract of Valerian...	2 drams	
Solid Extract of Aconite	1 dram	
Sulphate of Quinine	1 dram	Mix.

Divide into three-grain pills.

Dose.—One pill every two or three hours. Very advantageous in neuralgia, rheumatism, chorea, dysmennhoræa, and affections of a similar character.—TILDEN.

No. 7. SYPHILITIC PILLS.

℞ Solid Extract of Phytolacca	2 drams
Solid Extract of Iris Versicolor ...	1 dram
Solid Extract of Stillingia	1 dram
Solid Extract of Stramonium	8 grains

Mix, and divide into three-grain pills.

Dose.—One pill every two, three, or four hours. Useful in osteocopus, mercurial or syphilitic pains in the bones, rheumatism, syphilitis, and scrofula.

No. 8. AMERICAN ANTI-BILIOUS PILLS.

℞ Podophyllin	1 dram
Scammony	1 dram
Gamboge	1 dram
Castile Soap	$\frac{1}{2}$ dram

Mix, and divide into 120 pills.

Dose.—One or two occasionally. In derangements of the liver, costiveness, bilious sickness, &c.—ECLECTIC MEDICAL JOURNAL.

No. 9. DANDELION PILLS. (TILDEN AND CO.)

℞ Solid Extract of Dandelion	1 dram
Solid Extract of Blood Root	1 dram
Podophyllin	$\frac{1}{2}$ scruple
Oil of Peppermint	10 drops

Mix, and divide into 50 pills.

Dose.—One or two three times a day. Laxative, nauseant, and diuretic; of much efficacy in jaundice, hepatic diseases, and affections of the kidneys.

No. 10. COMPOUND LOBELIA PILLS.

℞ Lobelia Seed	1 ounce
Blood Root	$\frac{1}{2}$ ounce
Oil of Anise	20 drops
Cayenne Pepper	$\frac{1}{2}$ ounce
Liquorice Root	$\frac{1}{4}$ ounce

Mix with thick Mucilage of Gum Arabic; make into four-grain pills.

Dose.—Two pills, three or four times a day. Excellent in asthma, difficulty of breathing, pain after eating, heartburn, dyspepsia, &c.

SIMPLE SYRUP.

To every pint of water, take one pound of lump sugar. Gently simmer over a slow fire twenty minutes; take off the scum as it rises.

Used to make compound syrups, or as a vehicle for administering other active medicine or powders to children.

EXPECTORANT SYRUP FOR CHILDREN.

℞	Fluid Extract of Ipecac	4 drams
	Syrup of Tolu	10 drams
	Sherry Wine	6 drams
	Mucilage of Gum Arabic	2 ounces
		Mix.

Dose.—One teaspoonful occasionally, in whooping, and other obstinate coughs.

LOBELIA SYRUP.

℞	Equal parts, Acid Lobelia, Clarified Honey, and Treacle. Dissolve by gentle heat, and form a syrup.
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Dose.—One teaspoonful occasionally, in whooping cough, asthma, consumption, hoarseness, &c.

PURIFYING SYRUP. No. 1.

℞	Fluid Extract Burdock Root	1 ounce
	Fluid Extract Yellow Dock	1 ounce
	Fluid Extract Dandelion Root	1 ounce
	Fluid Extract Sarsaparilla	1 ounce
	Fluid Extract Sassafras	1 ounce
	Simple Syrup	2 pints
		Mix.

Dose.—Children, from a tea to a tablespoonful, three times a day. Adults, from a tablespoonful to a wineglassful, three times a day. In scrofula, sore head, bad legs, syphilitic affections, &c.

PURIFYING SYRUP. No. 2.

℞	Fluid Extract Dulcamara	2 ounces
	Fluid Extract Phytolacca... ..	2 ounces
	Fluid Extract Stillingia	2 ounces
	Simple Syrup	2 pints
		Mix.

For old, inveterate sore legs, scrofula, syphilitic and other impurities, dose as No. 1.

PULMONARY SYRUP. No. 1.

℞	Fluid Extract Stillingia	2 ounces
	Fluid Extract Sanguinaria	2 ounces
	Fluid Extract Prunus Vir	2 ounces
	Fluid Extract Lobelia	1 ounce
	Bals Tolu	1½ ounces
	Simple Syrup	2½ pints
		Mix.

Dose.—One teaspoonful, repeated at pleasure. In chronic, bronchial, and catarrhal affections, whooping cough, consumption, &c.

PULMONARY SYRUP, No. 2.

℞	Fluid Extract of Skunk Cabbage...	...	1 ounce	
	Fluid Extract Lobelia	...	1 ounce	
	Fluid Extract Blood Root	...	1 ounce	
	Fluid Extract Pleurisy Root	...	1 ounce	
	Fluid Extract Ginger	...	1 ounce	
	Simple Syrup	...	2 pints	Mix.

Dose.—One to two teaspoonfuls, to promote expectoration, and remove tightness of the chest, in asthma, consumption, croup, &c.

ALKALOID AND RESINOID GRANULES. No. 1.

℞	Xanthoxilin	...	10 grains	
	Hydrastin	...	10 grains	
	Myricin	...	10 grains	
	Podophyllin	...	10 grains	
	Make into 40 granules (little pills,) one grain each.			

Dose.—Two granules, three or four times a day. Efficacious in torpor of the liver, bilious affections, jaundice, &c.

No. 2.

℞	Corydalin	...	4 grains	
	Xanthoxilin	...	12 grains	Mix.
	Make into 12 granules.			

One or two three times a day, in syphilitic and scrofulous affections.

TIC DOLOREUX LINIMENT.

℞	Fluid Extract Capsicum	...	1 dram	
	Gum Camphor	...	20 grains	
	Crude Iodine	...	20 grains	
	Diluted Alcohol	...	4 ounces	Mix.

Bathe the part affected until warmth is produced. HANTON.

RHEUMATIC LINIMENT.

℞	Tincture of Cayenne	...	1 ounce	
	Liquor Ammonia Fort	...	1 ounce	
	Spirits of Camphor...	...	1 ounce	
	Tincture of Myrrh	...	1 ounce	
	Essence of Sassafras	...	1 ounce	
	Water	...	11 ounces	Mix.

Apply freely to the part affected. Most excellent in rheumatism, tic doloreux, sore throat, quinsey, white swellings, stiff joints, inflammation of the bowels, pleurisy, chilblains, &c.

BURN SALVE.

℞ Burgundy Pitch	1 pound
Mutton Suet	$\frac{1}{4}$ pound
Beeswax	$\frac{1}{2}$ pound
Fresh Lard	12 ounces
Olive Oil	2 ounces

Simmer altogether over a slow fire until they are melted. Strain through a coarse cloth, and keep for use. Used for scalds, burns, wounds, sores, &c.

HEALING OINTMENT.

℞ Beeswax	$\frac{1}{4}$ pound
Mutton Suet	$\frac{1}{2}$ pound
Resin	$\frac{1}{4}$ pound
Fresh Lard	2 pounds

Made as the Burn Salve. Excellent for old ulcers, scrofulous sores, sore legs, &c.

MARSH MALLOW OINTMENT.

- ℞ Fresh Marsh Mallow herb and root, bruise them in a mortar, and gently simmer with just sufficient fresh lard to cover the herbs until the juice is all evaporated, and the herbs become crisp, but not burnt; strain through a coarse cloth, and keep in pots for use.

Used in inflammatory swellings, chapped hands, chilblains, sore eyes, &c.

Dock ointment, calendine ointment, elder ointment, &c., are all made in the same manner as marsh mallow.

COMPOUND DOCK OINTMENT.

- ℞ Simple Dock ointment, and Compound Sulphur Ointment, equal parts, perfumed with Bergamot, Lemons, Almonds, &c.

Sure cure for the itch.

ACONITE PLASTER.

Solid Extract of Aconite, spread upon adhesive plaster.

Apply to the painful part, in tic doloureux.

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